

Beebalm

Monarda fistulosa

Monarda didyma has similar properties

M. fistulosa is most often used medicinally, *M. didyma* more for culinary purposes

Family *Lamiaceae* – Mint Family

Wild Bergamot, Oswego Tea, Sweet Leaf, Indian Perfume

Action Continuum: Tonifying, mildly Stimulating/Sedating

Character: taste is buttery, and ranges from hot and pungent to sweet; energetics are hot and dry

Part(s) used: fresh or dried flowers, leaves, and stems

Primary Types of Preparations: fresh or dried whole herb in a tincture. The fresh flower as a spit poultice is used on burns (saliva contains an activating enzyme.) It is often used as a culinary herb, with properties similar to oregano. The dried leaves make a good hot or cold tea; flowers may be added to salads.

Herbal Actions: draws heat from skin and internal organs, vulnerary, anti-inflammatory, antiseptic, diaphoretic, febrifuge, refrigerant, diuretic, nervine, mild sedative

Primary Uses: wounds and burns, fever, acid reflux, digestive tonic, bronchial infection, asthma, cystitis, urinary tract infection, vaginal yeast infection, candidiasis, nervous tension, Meniere's disease, tinnitus.

Primary Known Medicinal Constituents: All parts of the plant are high in volatile oils containing limonene (anticarcinogenic, detoxifying), carvacol, cymene, and pinene (antimicrobial), thymol (strong antimicrobial).

Cautions: none

Body Systems Affected: digestive, respiratory, skin, urinary, circulatory, nervous

***Monarda fistulosa* L.**

Monarda: after Nicholas Monardes (1493-1588), a Spanish physician and botanist

fistulosa: Latin for "like a reed or pipe" or "tubular"

Status: Native

Plant: erect, perennial, 2'-4' tall forb, strongly aromatic; stems often branched, usually hairy toward the top; oily flowers, leaves, and stalks

Flower: **pale purple** to pink, 5-parted, 3/4"-1 1/3" long, **stamens longer than the petals**; inflorescence a **single, rounded, dense cluster** 1 1/3" wide (excluding the petals) at the end of the stems; blooms July-Sept.

Leaf: opposite, lance-like with a rounded base and pointed tips, long-stalked, **grayish**

Fruit: round, 1-seeded nutlet

Root: deep, strongly branched roots, and shallow rhizomes that are responsible for the vegetative spread of the plant. These rhizomes typically send up multiple leafy stems in a tight cluster, giving the plant a bushy appearance.

Habitat: full to partial sun; dry, moderate moisture to wet; woods, prairies, fields; in sandy, loamy soil

Resources/References:

Botany in a Day, Thomas J. Elpel

Herbal Constituents, Foundations of Phytochemistry, Lisa Ganora

A Modern Herbal, Margaret Grieve

The Book of Herbal Wisdom, Matthew Wood

Herbal Renaissance, Steven Foster

Foraging and Feasting, A Field Guide and Wild Food Cookbook, Dina Falconi

UW-Stevens Point Freckmann Herbarium <http://wisplants.uwsp.edu>





Monarda fistulosa L.

Brown Rice with Wild Bergamot & Garlic Mustard

This salad has an intriguing, slightly smoky-musky flavor accompanied by a mild tangy bitterness.

Serves 4-6

1½ cups cooked and chilled brown rice
4 tablespoons apple cider vinegar, raw and organic if possible
½ cup of cold-pressed olive oil
2 tablespoons finely minced Egyptian onion greens
2 cups flowering tops of garlic mustard, minced
2/3 cup wild bergamot, finely minced
3 plum (paste-type tomatoes, diced)
1 cup roasted and chopped pecans
Salt and pepper to taste

Combine all the ingredients in a bowl and mix well. Taste and adjust flavors adding more apple cider vinegar, oil, salt or pepper as needed. Cover, let sit at room temperature for about an hour, mix well again, then serve. Grain salads stored in the refrigerator keep for about three days; any longer and they start to lose their perkiness, although still quite edible for at least a week. Keep in mind when making this salad ahead of time, it is best to add the nuts within the hour of eating them.

Note: Plan ahead as the rice needs to be cooked and chilled before mixing into salad.

Wild Bergamot Mayo

A delicious, pungent, savory mayonnaise to use in place of plain mayonnaise.

Makes 1¼ cups (10 oz.)

Make sure all ingredients are at room temperature:

2 fresh free-range organic egg yolks
1 tablespoon lime juice
1 tablespoon vinegar (preferably raw, unfiltered, organic apple cider)
½ teaspoon sea salt
3 tablespoons chopped, fresh wild bergamot leaves or flowering tops
Optional: 1 tablespoon whey
1 cup oil (preferably organic, cold pressed olive oil)

1. Place egg yolks in food processor and blend for 30 seconds.
2. Add lime juice, vinegar, salt, wild bergamot, and optional whey and blend for 15 seconds.
3. With food processor running, add 2 tablespoons of oil in little dribbles.
4. Pour the rest of the oil into food processor in a thin stream.
5. Continue to whip the mayonnaise in food processor for **3–4 more minutes** to ensure a good emulsion.
6. Scoop mayonnaise into a very clean jar. Tightly cap and label the jar, then store in refrigerator where it will keep for at least two months. (I made one with whey that so far has kept for three months.)
7. If using whey, allow the mayonnaise to lacto-ferment by leaving it out at room temperature for 7 hours before storing in refrigerator.

Recipes from *Foraging & Feasting, A Field Guide and Wild Food Cookbook* by Dina Falconi