

the pur terroir[®]

INFUSÃO • HERBAL TEA



LEMON BALM

Melissa officinalis

Melissa officinalis, commonly known as Lemon Balm, is mint's lemon-scented cousin. This herb thrives in Mediterranean climates and has a long history of being used to relieve tension and promote good moods.



HOW DOES IT TASTE?

Lemon Balm has a mild lemony aroma and flavour that is balanced with gentle notes of mint. Its infusions are bright and smooth, with citrus notes that are complemented by a subtle herbal sweetness.

HEALTH BENEFITS

Lemon Balm has been used since the Middle Ages for a variety of health benefits, including the treatment of indigestion, nausea, and even cold sores. It has gained popularity as means of reducing anxiety and stress, boosting one's mood, improving cognitive function, and aiding with relaxation and sleep.

CULINARY USE

Lemon Balm is a great addition to a variety of dishes. Add it to cookies and breads, or salads and soups, for a refreshing lemony flavour. This herb can replace lemon peel in some recipes, and even makes for a great pesto.

HOW TO PREPARE

Combine 2 tablespoons of Lemon Balm tea leaves with 1 litre of 80°C water in your vessel of choice (tea strainer, tea pot, or even right into the mug). Let the leaves steep for 4-6 minutes, depending on how strong you like your tea. Lemon Balm is a more delicate herb, so we recommend a shorter infusion time at a slightly lower temperature.

INGREDIENTS

100% pure Lemon Balm leaves from our Territory.

NUTRITIONAL INFORMATION

Dairy free, gluten free, caffeine free, theine free, suitable for vegetarians and vegans.

HOW IT IS MADE

Organically cultivated plants originate in our nursery and are selected from the best adapted cultivars. Harvesting is done by hand near the flowering stage of the plant cycle (when essential oil concentration is higher). Leaves are dried at low temperatures, never exceeding 25°C. The best leaves are selected by hand.



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