

ENVIRONMENTAL HORTICULTURE

Environmental Horticulture #EH383



LEMON VERBENA PRODUCTION AND CONSUMER CARE

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INTRODUCTION

- Common name: Lemon verbena
- Scientific name: *Aloysia triphylla*
- Native to South America
- Deciduous shrub with pointed leaves
- Grows to a height of 3 to 9 feet
- Flowers bloom lavender or white in August and September
- Hardy to zone 8
- Used to add a lemony flavor to fish and poultry
- Has a gentle sedative action and can soothe abdominal discomfort
- Has anti-*Candida albicans* activity

GROWTH AND DEVELOPMENT

- Grows well in rich, well-drained media
- Prefers full sun and plenty of water

- Prefers a pH of approximately 6.5
- Heavy feeder; likes regular applications of fish emulsion
- Very sensitive to cold
- A thick layer of organic mulch gives protection from the cold
- Can be grown in containers and then moved indoors in winter

PROPAGATION

- Sow seeds in a greenhouse in late spring
- Barely cover the seeds; make sure compost does not dry out
- Prick seedlings into individual pots and grow them in a greenhouse for their first winter
- Plant out in early summer of the following year

- To propagate by cuttings, take woody cuttings during late summer
- Grow in a greenhouse over the first winter and then plant out the following spring after the last frost.
- Cuttings root quickly and easily

DISORDERS

- Whiteflies
 - Wash leaves regularly
- Spider mites
 - Wash leaves regularly
 - Apply sulfur
- Stinkbugs
 - Cause extensive tip wilting
 - Remove by shaking or brushing

CONSUMER CARE

- Dried leaves retain their fragrance well and are used in potpourri
- Leaves can be harvested at any time
- Essential oil obtained from leaves is used in perfumery

- A refreshing lemon tea can be made from the leaves

CULTIVARS AND SPECIES

- All of the following refer to the same lemon verbena species:
 - *Aloysia triphylla*
 - *Aloysia citradora*
 - *Lippia citrodora*
 - *Lippia triphylla*
 - *Verbena triphylla*

References

http://en.wikipedia.org/wiki/Lemon_verbena
<http://www.pfaf.org/database/plants.php?Aloysia+triphylla>
<http://www.gardenguides.com/plants/info/herbs/lemon.asp>

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