



ROASTED CHICKEN.

Mix 2 Tablespoons of chopped lemon balm with 1/4 cup of softened butter. Rub this mixture under and on top of the skin of a whole chicken prior to roasting. Toss a handful of the leaves in the cavity prior to cooking too.



INFUSED VINEGAR.

Fill a jar about 3/4 full with fresh leaves. Cover with apple cider vinegar. Cap with a non-metallic lid and let steep in a cool dark place for a few weeks. You can also use this in food dishes & salad dressings instead of plain vinegar.



SIMPLE SYRUP.

1 Cup of packed lemon balm leaves , 1 Cup of Water , 1 Cup of Sugar. Bring to a boil, for 1 minute until sugar is dissolved. Remove from heat and cover. Let stand 30 minutes. Strain the leaves from the syrup. Store the syrup in the refrigerator. Use to sweeten lemonade and iced tea.



FRUIT SALADS.

Chop fresh leaves and sprinkle on fruit salads; drizzle with honey or a dressing made of yogurt and honey.



TEA.

Fill a jar with fresh leaves. Pour simmering hot water into the jar then cover. When at desired temp, sweeten to taste.



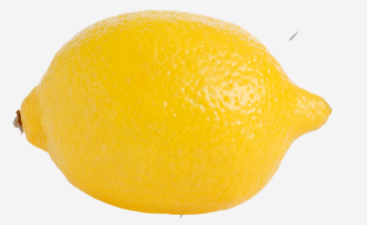
SMOOTHIES.

Toss a handful of the leaves in with your smoothies to impart that light lemon flavour (extra yummy with frozen pear!)



LEMON HONEY BUTTER.

Mix half a stick (4 tablespoons) of softened butter with a pinch of finely chopped lemon balm. Add a drizzle of honey to taste. Yummy on hot fresh bread or biscuits!



8 WAYS TO USE LEMON BALM



CANDIED LEMON BALM LEAVES.

Beat an egg white with a tiny bit of water. Dip lemon balm leaves in the mixture, then dip in sugar. Lay on a parchment lined baking sheet. You can air dry these, though we like to speed up the process by putting them in a 200 degree F oven until they look dry, but not browned. Check after 20 minutes and every 5 to 10 after that.



LEMON WATER.

Fill a jar with fresh lemon balm leaves and a thinly sliced lemon. Pour in cold water until it reaches the top. Refrigerate for several hours. So refreshing on a hot day!