

Monarda fistulosa
Family: *Lamiaceae* – lavender, bergamot
Parts: leaves and flowers

Properties:

Antimicrobial, antiseptic, antifungal, carminative, diaphoretic, mild nervine.

Energetics: warming
Systems Affected: digestive

Uses:

- Nausea and vomiting
- Gas, bloating, tummy ache or rumbling, diarrhea, upset stomach
- Respiratory infections and issues
- Fever
- Tension headaches
- Ear infection (use with mullein flowers)
- Fungal infections

Herb Preparations:

- Tincture
- Tea
- Syrup, honey
- Poultice
- Herbal oil
- Salve

Care/Harvesting:

Can be found in the wild as well as cultivated in a garden. Look for plants from your local nursery. Be mindful it likes to grow and spread out.
Prefers rich moist, soil in full to part sun.
Gather leaves and blossoms as needed throughout the season.

Cautions:

Do not use during pregnancy.