

MONARDA PUNCTATA

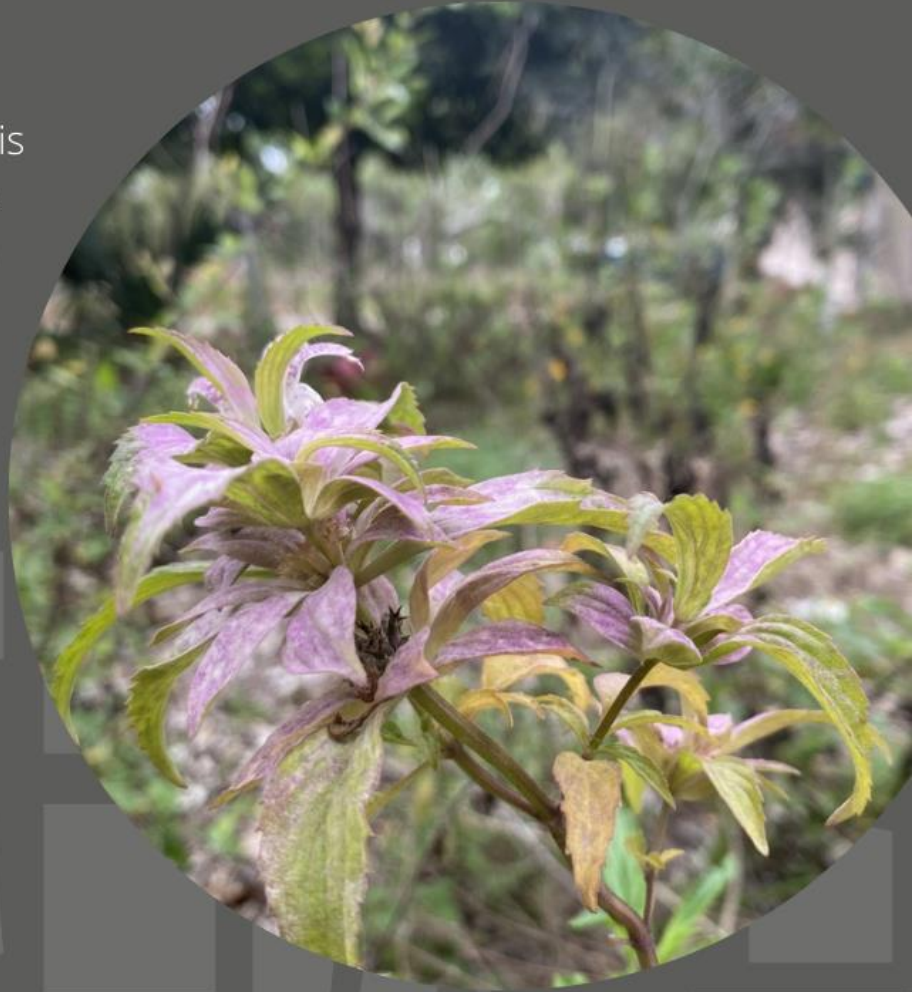
SPOTTED BEEBALM

Spotted beebalm (*Monarda punctata*) is an herbaceous perennial native to the Eastern United States. This plant likes dry soil and attracts bees, butterflies, and other pollinators. The flowers, which are most prominent spring through fall, sport purple spots.



HISTORY

This plant is high in thymol oil which has antimicrobial, antifungal, and antiseptic properties. Historically, this oil has been used to treat ringworm and hookworm infections!



MEDICINAL USES

Spotted beebalm was traditionally harvested by Native Americans to treat nausea and vomiting. Applied to skin, bee balm was also used to treat swellings and rheumatic pains by increasing blood flow to the area, effectively flushing out toxins. Native Americans also made "sweating tea" from the leaves to treat colds. The tea from the leaves is quite weak as thymol, the major oil in the plant, can be fatal in large quantities. Today, this plant is mainly used to treat digestive and upper respiratory tract issues.



FUN FACT

Spotted beebalm used to be cultivated commercially for its essential oil but now, this oil is produced synthetically.

