

Lemon Verbena, *Aloysia citriodora*

Tips for Cooking with Lemon Verbena

- The young leaves are tender and great for chopping to add to dishes.
- Add finely chopped leaves to recipes like blueberry or other fruit muffins, cakes, cookies, sorbet or ice cream.
- Lemon zest or juice further intensifies the flavor.
- Make a compound butter by adding finely chopped lemon verbena leaves to softened butter. Form it into a log shape, wrap in wax paper and refrigerate or freeze.
- Use finely chopped young lemon verbena leaves in place of lemon zest in recipes.
- Older leaves are tougher and have a strong mid-rib. Steep these for flavor into beverages and other liquids.
- Dry leaves on a screen or hang in bunches until the leaves are “corn flake crisp”. Store leaves in a sealed container, away from direct sunlight.
- Dried leaves retain flavor and fragrance for a few years when stored properly.
- Steep 1 teaspoon of dried or 1 tablespoon of fresh leaves for 7 minutes to make a relaxing tea. Also blends nicely with black tea and other herbs for hot or iced tea.
- Use lemon verbena syrup to make lemonade, cocktails, or sweeten other beverages. See recipe below.
- Use lemon scented sugar in teas, cookies recipes or other baked goods. See recipe below.

Lemon Verbena Sugar

Sugar

Lemon verbena leaves

Layer lemon verbena leaves in sugar in a sealed container for two – three weeks. Leaves can be left in the sugar or removed as the sugar is used.

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Lemon Verbena Simple Syrup

1 cup water

1 cup sugar

½ cup lemon verbena leaves, loosely packed

Combine water and sugar in a sauce pan. Stir to dissolve the sugar and bring to a simmer. Remove from the heat and add lemon verbena leaves. Cover and steep for 15 minutes. Strain out the leaves and refrigerate.

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