

Lemon Verbena *Aloysia citriodora*

Tips:

- Older leaves are a bit tough and best used for steeping. Use young growth for chopping and including in dishes.
- Leaves may be used fresh or dried. Combine 7-10 fresh leaves in a blender with any liquid in a recipe, from melted butter to eggs, milk or water. Or, finely chop before adding to recipes like blueberry or other fruit muffin, cake, cookie, sorbet or ice cream recipes. Lemon zest or juice further intensifies the flavor.
- Make a compound butter by adding finely chopped lemon verbena leaves to softened butter. Form into a log shape, wrap in wax paper and refrigerate or freeze.
- Dry leaves on a screen or hang stems until “corn flake crisp”. Store leaves in a sealed container, away from direct sunlight. Lemon verbena retains its 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. Or combine with equal parts mint. Also blends nicely with black tea and other herbal tea to make a hot or iced tea.
- For delicate lemon flavored water, simply add a small bundle to a pitcher of ice water, stored in the refrigerator.
- Use finely chopped lemon verbena leaves in place of lemon zest in recipes.
- Use lemon verbena simple syrup to make lemonade, cocktails or to sweeten other beverages. See recipe below.
- Use lemon scented sugar in teas, cookie recipes or other bake 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.

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.

Lillian's Lemon Doodles

1 cup butter, softened	1 teaspoon cream of tartar
1 ½ cup sugar	1 teaspoon baking soda
2 eggs	Grated peel from 1 lemon
2 tablespoons fresh lemon verbena, chopped	1 teaspoon vanilla
2 ¾ cups all-purpose flour	

Cream butter, sugar, lemon verbena and eggs. Sift together dry ingredients; stir into creamed mixture. Chill about 1 hour.

Preheat oven to 375°F. Remove dough from refrigerator, roll into balls the size of a cherry, and bake for about 10 minutes. Cool and frost with Lemon Glaze

Lemon Glaze

1 stick butter, melted
1 box confectioner's sugar
1 teaspoon pure vanilla extract
Juice of 1 lemon
1-2 drops of milk

Beat together butter, confectioner's sugar, lemon juice, and enough milk to make a spreading consistency.

Lorraine Kiefer, South Jersey Unit

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Lemon Verbena Dip

8 ounces cream cheese, softened

8 ounces lemon yogurt

¼ cup lemon verbena leaves, very finely minced (use tender leaves)

¼ cup sugar

1/3 cup fresh lemon juice

Mix all ingredients thoroughly. Cover and refrigerate overnight. Serve with sliced fresh fruit or plain cookies.

Marilyn Rhinehalt, Western Reserve Unit

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**Do you have a recipe using lemon verbena to share?
Please send it to Educator@herbsociety.org**