

Did You Know?



Bergamot Orange *xbergamia*

- Bergamot orange is a hybrid citrus tree whose exact parentage is currently under DNA review.
- Both the leaves and the rind of the fruit of this tree are highly fragrant and prized for their essential oil content.
- The essential oil is commonly used in the perfume industry goes back centuries and continues today in both men and women's fragrances.
- Bergamot was known to be an essential component of the original Eau de Cologne, which was developed in Germany in the 17th century by J. M. Farina.
- Bergamot essential oil blends well with other scents because it is complex, with a variety of sub tones that include fruity, sweet, herbal, spicy and balsamic, from which unique fragrances are created.
- Since only the peel of the fruit is used, it takes about one hundred bergamot oranges to produce three ounces of essential oil.
- Bergamot orange is the signature flavor of the well known tea, Earl Grey. Earl Grey was the Prime Minister of Great Britain in the 1830's. The connection between the Earl and the tea is unclear. Was the blend of bergamot and tea intentional to improve the taste of low quality tea or to hide the taste of the minerals in the water? Or was the flavor infused accidentally when tea and bergamot oranges were shipped together as a gift?
- The fruit is so bitter that it is not typically eaten fresh. Marmalade and the digestive liqueur Liquore de Bergamotto is made from it in Italy.
- The majority of bergamot essential oil is produced in Calabria, a town in southern Italy. It is also produced in Argentina, Brazil, along the Ivory Coast, in Turkey and Morocco.
- Bergamot is used in home remedies as an insect repellent.
- The fragrance has been associated with elevating mood and relieving stress.

It is the policy of The Herb Society of America, Inc. not to advise or recommend herbs for medicinal or health use. This information is intended for educational purposes only and should not be considered as a recommendation or an endorsement of any particular medical or health treatment. Please consult a health care provider before pursuing any herbal treatments.