

Balm of Gilead

(Cedronella canariensis)

A desert shrub from Biblical times, this plant once was given as a gift to Solomon by the Queen of Sheba. It has a pleasant, balsam aroma that enhances many potpourris.

Medicinal uses

Balm of Gilead has been a popular treatment for coughs and sore throats.

Cultivation

The plant can be grown from seed in the spring or started from cuttings taken in the fall. Thin or transplant to 18 inches apart. It also makes an excellent indoor plant when placed in a large container.