



Rural Farm Recipe: Lemon Balm Lemonade

Courtesy of
Farmacy Herb Makers Nursery
Sylvester, Georgia

Ingredients

1 cup maple syrup or agave nectar
5 cups cold water
8-10 large sprigs of fresh lemon balm, plus more for garnishing
5 large lemons
ice

Instructions

- 1 Prep the lemon balm.** Combine the maple syrup with 1 cup of water in a small saucepan. Rinse the lemon balm sprigs, then remove the leaves. Measure 1 cup of packed leaves, then add these to the saucepan.
- 2 Make the syrup.** Bring the pan to a low simmer. Simmer for 10 minutes while stirring and crushing the lemon balm leaves to release their flavor. Afterward, strain out the leaves and pour your maple lemon balm syrup into a bottle until ready to use.
- 3 Zest and juice the lemons.** Wash the lemons well, then zest two of them. Juice the two zested lemons and two additional lemons (Tip: Rolling the lemons on the counter with your palm will help release the juice.) Slice the final lemon for garnishing.
- 4 Make the lemonade.** Add 4 cups of cold water to a pitcher. Pour in the lemon zest and lemon juice, and then about half of the syrup. Stir to combine. Taste the lemonade and add more syrup if it is not sweet enough or more water if it is too strong.
- 5 Serve.** Serve the lemonade in glasses over ice, garnishing with a slice of lemon and a small sprig of lemon balm.

NOTE: Use mashed balm leaves to make a delicious, tangy lemon balm pesto.