



# BEE BALM

*Supports Bees, Stays Below the Lines*

## Environmental Message March 2026

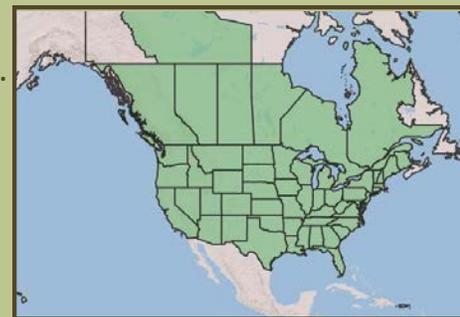
**Did you know?** Long before it was a garden favorite, Indigenous peoples used bee balm for soothing colds, stomachaches, and wounds. Bee balm (genus *Monarda*) contains thymol, the same natural antiseptic found in thyme and mouthwash. Its minty, citrusy flavor made it both a patriotic and practical brew during the Revolution, when tea imports were cut off from Great Britain. The Oswego people introduced colonists to the tea, earning it the nickname “Oswego Tea.”



**Human & Wildlife Uses:** Bee balm is a powerhouse plant for supporting wildlife, offering food and habitat benefits across multiple species. Its tubular, nectar-rich flowers are magnets for native bees, butterflies, hummingbirds, and moths. When left standing over winter, bee balm’s hollow stems and seed heads become valuable shelter and forage for overwintering insects and songbirds. Because it’s a native perennial, it also supports a web of beneficial soil life and strengthens ecosystem health.

**ROW Compatible:** Bee balm is a ROW-compatible, pollinator-supporting plant that fits safely within utility corridors. Reaching only 2–4 feet in height, it does not interfere with visibility, wire clearances, or safe access. On electric ROW, bee balm is compatible across both the wire zone and the border zone, where its low stature and clumping growth form pose no reliability concerns. On gas utility ROW, it is considered compatible within the border zone, helping stabilize soils and provide ecological value without impeding inspections or operations. Let it grow!

### Distribution Map



### References / Works Cited

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