

Lemon myrtle (*Backhousia citriodora*)

Also known as:
Lemon ironwood

Height: 3-8m

Spread: 3-5m

Position: full sun



This medium to large shrubby tree has intense lemon-scented and flavoured leaves. The leaves can be used in teas, syrups and glazes. The lemon flavour is great in cakes, biscuits, sauces and dressings.

Essential oil can be distilled from the leaves and has been found to have antifungal and antibacterial properties.

The leaves can be used fresh or dried to preserve their flavour. Simply pick them from the tree and dry hanging in a bunch or loose on paper. The leaves can also be crushed to store.

As well as for food and flavouring, First Peoples traditionally used the crushed leaves for inhalation to relieve headaches. An antiseptic paste was also made to assist in healing wounds.

This plant originates from coastal rainforests in Queensland.