

Warning: All specimens must be cross-referenced for toxicity before field application. KNF-7 is not responsible for misidentification of look-alikes. This is not medical advice—it is a salvage log for keeping your head in the wastes. Consult the Bunker Doc before sedative stacking or if you have a pre-existing thyroid breach.



UPDATED:
23JAN2026



Terminal Link: Scan to sync
with Bunker Mainframe.

Botany Bunker Report 001 LEMON BALM

Botany Bunker Report

FIELD MANUAL

001

LEMON BALM (*Melissa officinalis*)

Caution: Avoid if taking thyroid medication. Cross-reference with Nervine protocols to prevent sedative stacking

The world outside is screaming, but inside the bunker, the balm keeps the static at bay..

KNF-7

Herbal Reference Vault

NERVINE STABILITY LOG

Cycle Date	Stress Level (1-10)	Preparation Used

I've seen runners eat a whole pouch of balm leaves raw because they couldn't wait for the tea to steep. It's messy, but it works when the shadows start moving on their own.

PROTOCOL 003: THE NERVINE SHIELD

The Mission:

In the wasteland, fear is a biological toxin. This protocol identifies Lemon Balm (*Melissa officinalis*) as a primary cooling agent to dampen the "static" of the mind and steady a heart that's been over-clocked by combat or radiation.

Tactical Applications:

Post-Breach Recovery: Use immediately after a high-cortisol event to prevent a "nervous crash".

Gastro-Venting: Relieves indigestion, gas, and bloating caused by consuming scavenged, low-grade rations.

The Expectorant Shield: Use as a tea for wasteland coughs and rad-flu to clear the lungs for better breathing during stealth runs.

Remember what it's like to have a heart that doesn't hammer against your ribs like a trapped bird.

PREP OPTIONS: INFUSIONS & ELIXIRS

Approved for Scavenger Distribution
FILE REF: BT-LEM-001

The Tea:

Steep 1-2 tablespoons of dried leaves in 1 cup of boiling water for 10-15 minutes. This is the primary method for treating headaches and wasteland colds.

The Tincture:

Fill a jar halfway with dried leaves and cover with 80 to 100 proof alcohol. Shake a few times a week for 4-6 weeks, then strain.

Tincture Dosage:

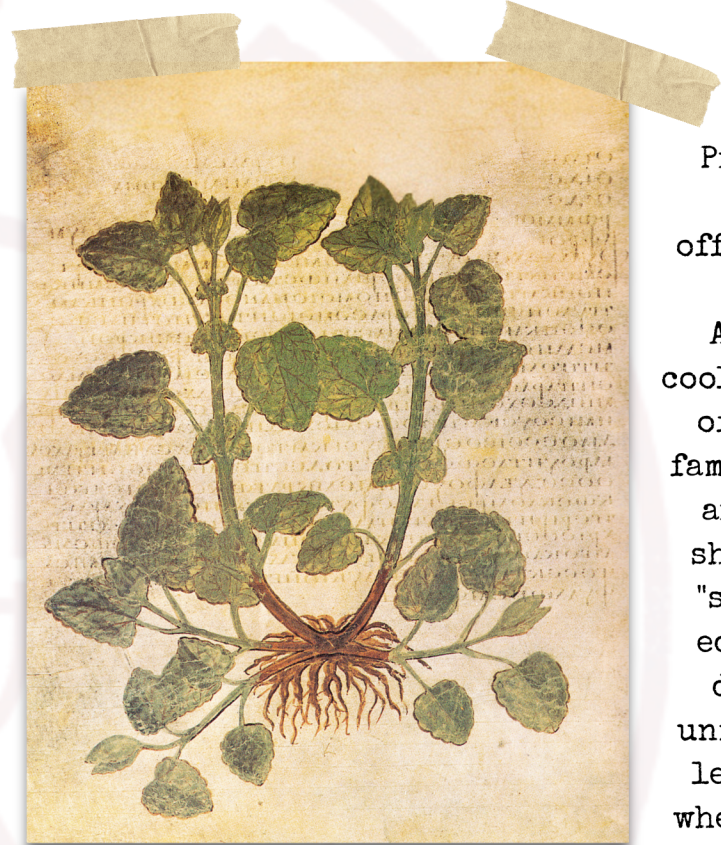
Take 1/4 to 1/2 teaspoon diluted in water up to 4 times daily for severe anxiety or nervousness.

Technical Note:

Parts used are the leaves; they are most potent when used fresh before the volatile oils degrade.

If you can't find high-proof spirits for the tincture, use the strongest moonshine you can scavenge from Sector 4. Just make sure it doesn't smell like fuel.

FIELD IDENTIFICATION: THE NERVINE CHECK



Primary ID
(*Melissa officinalis*):

Aromatic, cooling member of the mint family. Leaves are heart-shaped with "scalloped" edges and a distinct, unmistakable lemon scent when crushed.

The Look-Alikes:

Catnip (*Nepeta cataria*):

Similar leaf shape, but lacks the lemon aroma and has a "musty" or "skunky" smell.

Stinging Nettle:

Similar early growth, but look for the "stingers" (hairs). If it stings you, it isn't the balm.

WARNING: PROTOCOL 001 BREACH HAZARDS

Thyroid Contraindication:

AVOID all Lemon Balm preparations if taking thyroid medication. The balm can interfere with thyroid hormone uptake, leading to a metabolic brown-out.

Sedative Stacking:

Do not combine high-dose tinctures with other scavenged sedatives. Excessive "Nervine Stacking" can lower your reaction time to zero during a breach.

Pregnancy Status:

First Trimester: STRICT AVOIDANCE. Lemon Balm is considered a mild emmenagogue (can stimulate blood flow to the pelvic area) and should not be consumed during the initial 90 days of gestation.

If you're carrying a new runner, keep the balm in the jar during the first three months. After that, a weak tea can steady your nerves, but don't overdo it

LEMON BALM RECIPES

Lemon Balm Tea:

Steep 1-2 tablespoons of dried leaves in 1 cup of boiling water for 10-15 minutes.

Used for stress, sleep, digestion, headaches, and wasteland colds.

Lemon Balm Tincture:

Fill a jar halfway with dried leaves; cover with 80 to 100 proof alcohol. Store in a cool dark place and shake a few times a week for 4-6 weeks.

Tranquil Syrup:

Place a cup of leaves in a jar, cover with equal parts lemon juice and honey. Let sit overnight, strain, and refrigerate.

If you're using the tincture, don't wait for the panic to set in. Dilute a half-teaspoon in water the second you hear the sirens

APOTHECARY STORAGE: TIER 1-3

Tier 1 (Fresh):

Leaves must be used within 24 hours or kept in a pressurized "Cold-Box." Potency is highest here for the Tranquil Syrup.

Tier 2 (Dried):

Hang-dried in the dark at 60-70°F. Once crisp, store in airtight glass or metal canisters. Properly dried balm maintains its "Nervine Shield" for 6-12 months.

Tier 3 (Processed):

Tinctures and vinegars. These are your "Long-Range" supplies, stable for 2-3 years if kept away from Smokestack heat.

"If your dried balm smells like hay instead of lemon, the 'soul' has left it. It's just tinder now. Compost it and head back to the Sector 8 garden."

PROTOCOL 001: SYSTEM DEPLOYMENT

Lemon Balm acts as a cooling agent for the "Heart-Brain Link." Use it when the "static" of fear or the "hammering" of a racing heart threatens your focus.

Tactical Usage Tiers:

Pre-Scavenge: A light infusion (tea) to steady the hands and lower high blood pressure before entering high-threat sectors.

Mid-Breach: 1/4 tsp of tincture under the tongue for immediate stabilization during an active panic event.

Post-Mission: A heavy infusion or Tranquil Syrup to induce sleep and allow the body to repair metabolic damage without cortisol interference.

The "Square Stem" Check:
Even in a hurry, verify the square stem.

*The square stem is the only ID card I trust.
If the stem is round, the plant is a liar.*

THE BUNKER CHILL: COLD-STORAGE LOGISTICS

The Protocol:

Once processed into Tranquil Syrup, the supply must be moved to the lowest level of the bunker (Level 4 or below) where temperatures remain stable.

Light Sensitivity:

Rosmarinic acid, the primary antioxidant in the balm, degrades under UV exposure. Use amber glass or wrap clear jars in salvaged duct tape to maintain the "Nervine Shield".

Tincture Maintenance:

Shake your Tier 3 tinctures every three days. If you see a "cloudy breach" at the bottom of the jar, the alcohol content was too low; discard immediately to avoid bacterial contamination.

I've seen scavengers lose a year's worth of balm because they left their jars in the sun. Keep it dark, keep it cold, and it'll keep you sane".

HABITAT & HARVESTING: SECTOR 8 NORTH

The Zone:

Lemon Balm thrives in the damp, nitrogen-rich soil found near the Beacon Parish ruins. Look for it in the shade of the collapsed stone walls where moisture lingers.

Harvest Timing:

For maximum volatile oil content (citronellal), harvest in the early morning before the wasteland sun hits the leaves. Potency drops significantly after the midday heat.

The "Nettle" Buffer:

Be aware that Stinging Nettle often grows in the same clusters. Always wear gloves during the initial sweep to avoid "The Sting," which can spike your cortisol and negate the calming effects of the balm.

LEMON BALM

Square stems and
strong lemon scent.
Look-alikes, such
as catnip and nettle,
won't kill ya but
they work the
same.
I'll cover them
soon in their own
segments.



Nature's 'Lemon Head' candy.