Mentha varieties

PERENNIALS

Mint

Spikes of white, purple, or pink flowers bloom from summer to early autumn.

HABIT: Mints hybridize with each other easily. Most mints are invasive and

are best grown in a confined space.

Needs some pruning to keep plant trim & bushy. **PRUNING:**

CULTURE: Likes rich, moist, well-drained soil. M. arvensis tolerates drier

conditions. Sun or part shade.

GARDEN Grow in contained area or pots as it has an invasive habit; summer **USES:**

blooming.

All mints are rich in volatile oils. It is menthol that gives mints their **KITCHEN USES:**

typical smell and taste which is simultaneously cooling and warming. Menthol is antiseptic, decongestant, and analgesic. The aromatic leaves of all types of mint are eaten fresh as a seasoning in salads,

drinks & jelly. Dried mint is often used in teas.