

Peppermint

Mentha x piperita

Care instructions



Info

Peppermint (*Mentha × piperita*) is a fast-growing, aromatic herb that's a natural hybrid of watermint and spearmint. Native to Europe and the Middle East, it thrives in temperate climates and is now cultivated globally. Peppermint spreads vigorously through underground rhizomes and is best grown in containers to control its growth. It prefers moist, rich, well-draining soil with a neutral to slightly acidic pH and grows best in full sun to partial shade. The plant is prized for its menthol-rich leaves, used in teas, culinary dishes, and natural remedies. Regular trimming encourages bushier growth and helps maintain its compact form.

Environmental Considerations

Soil

Moist, well-draining, slightly acidic soil with some organic matter

Upkeep

Keep soil consistently moist; moderate to high humidity

