

*Mentha* spp.

PERENNIAL

# Mints

**Most varieties have a determined tendency to spread by underground stems or stolons. In order to control them it is best to plant in large tubs or containers either free standing or sunk in the ground.**

NAME	H	DESCRIPTION
<b>APPLE MINT</b> syn. <b>WOOLY APPLE MINT</b> <i>Mentha suaveolens</i>	2'	Good flavor and strong green-apple fragrance. Pink to white flowers and rounded, downy leaves. Excellent in fruit salads and for cooking. Especially fragrant in tea. Often misnamed <i>M. rotundifolia</i> .
<b>AUSTRALIAN BUSH MINT</b> <i>Prostanthera</i>	6-12'	Tender perennial. Zone 9. Full sun, good drainage. Strong minty aroma. Small leaves. Tiny, rose-purple, trumpet-shaped flowers line the stems in spring. Good container and topiary plant with light pruning after flowers fade. Used fresh or dried to flavor meat and sauces or for tea. Used medicinally for colds and headaches.
<b>AUSTRIAN MINT</b> <i>Mentha x gracilis</i> 'Austria'	1½-2½'	Pretty, mounded habit w/purple flowers. Delightful spearmint flavor. Essential seasoning for ravioli-like Austrian dish, 'Topfen Nudeln'.
<b>BANANA MINT</b> <i>Mentha arvensis</i> 'Banana'	6"	Low-growing, tasty mint with rounded, small, slightly furry leaves. Fruity aroma, reminiscent of bananas. Good in tea, ice cream, cookies. Not invasive.
<b>BASIL MINT</b> <i>Mentha aquatica x spicata</i>	1-3'	Distinctive basil aroma. Lilac-pink flowers. Good in salad.
<b>BLUE BALSAM TEA MINT</b> <i>Mentha x piperita</i> f. 'Blue Balsam'	12"	Shiny, dark, deep blue leaves. Strong peppermint taste. Good for tea.
<b>BOWLES' MINT</b> <i>Mentha x villosa</i> var. <i>alopecuroides</i>	1-3'	Vigorous, with a fine spearmint aroma. Considered the best for mint sauce. Extremely variable sterile hybrid between <i>M. spicata</i> and <i>M. suaveolens</i> .
<b>BUTTERMINT</b>	1-3'	Attractive leaves with serrated edges. Strong beautiful variety.
<b>CHEWING GUM MINT</b> <i>Mentha x piperita</i> f. 'Chewing Gum'	1-3'	The name says it all, this variety has a delicious double mint gum taste and smell, refreshing flavor. Excellent tea plant. Best in part shade.
<b>CHOCOLATE MINT</b> <i>Mentha x piperita</i> f. 'Chocolate'	1-3'	A mint with a refreshing, chocolate/peppermint patty aroma, perfect for use with chocolate desserts.
<b>CORSICAN MINT</b> <i>Mentha requienii</i>	3/4"	Forms a cushion of tiny, peppermint scented leaves w/minature flowers. Look for it in our Ground Cover section. Needs a moist, shady site.

<b>CURLY SPEARMINT</b> <i>M. spicata</i> 'Cristata'	1-3'	Broad, crinkled, deep green leaves. Sweet spearmint flavor which is less pronounced than species.
<b>EAU DE COLOGNE MINT</b> <b>syn. BERGAMOT MINT</b> <i>M. x piperita</i> 'Citrata'	1-3'	Oval bronze-purple leaves. The true "Eau de Cologne" mints from the perfume fields of France. Extremely aromatic leaves with a hint of rose perfume. Excellent for fruit salads and potpourri.
<b>EPICUREAN MINT</b> <i>M. x piperita</i> 'Epicurean'	1-3'	An interesting combination flavor of peppermint with an undertone of spearmint. Nice for teas. Purplish-pink flowers.
<b>GINGER MINT</b> <b>syn. EMERALD-N-GOLD</b> <i>M. x gracilis</i> 'Variegata'	1-3'	Vivid variegated mint with bright green and yellow foliage and red tinged stems. Makes a beautiful ground cover for dark cool places. Mild spearmint flavor. Leaves used fresh, especially good with melon, tomatoes and fruit salads.
<b>GRAPEFRUIT MINT</b> <i>M. x piperita</i> f. 'Grapefruit'	1-3'	Refreshing spearmint flavor with a grapefruit overtone. Nice added to fruit salads and punch. Hybrid with
<b>HIMALAYAN SILVER MINT</b> <i>Mentha longifolia himalayense</i>	16"- 4'	An attractive silver-leaf mint with frosty-pink flowers. Excellent for dried floral arrangements. A mild spearmint scent. Used in Asian, Middle Eastern and Greek cuisine in similar ways to spearmint; also in Indian chutneys. Leaves are candied.
<b>JAPANESE MINT</b> <i>Mentha arvensis</i> var. <i>piperescens</i>	8- 20"	Oval, gland-dotted leaves with a strong peppermint scent. Treats feverish colds and travel nausea. Has high concentration of menthol.
<b>JULEP MINT</b> <i>Mentha species</i>	12- 24"	Medium-sized leaves with good spearmint aroma and flavor. Great for teas or mint juleps.
<b>KENTUCKY COLONEL MINT</b> <i>Mentha x spicata</i> 'Kentucky Colonel'	1-3'	Hybrid of <i>M. suaveolens</i> and <i>M. spicata</i> . Wonderful fruity spearmint aroma and flavor.
<b>LAVENDER MINT</b> <i>Mentha x piperita</i> f. 'Lavender'	1-3'	Gray-green leaves with purple undersides. Distinctly lavender scented. Excellent for use in potpourris.
<b>LEMON BERGAMOT MINT</b> <i>Mentha x piperita</i> f. 'Lemon'	1-3'	Light green leaves, lemon-spearmint flavor. Pink flowers.
<b>LIME MINT</b> <i>Mentha x piperita</i> f. 'Lime'	1-3'	Rounded dark green leaves. Stems and leaves have a purplish tinge. Use in iced tea. Lime-like fragrance.
<b>MOROCCAN MINT</b> <i>Mentha spicata</i> 'Moroccan'	1-3'	Close set, large leaves with purple undersides and dark stems. Fine spearmint flavor. Sweet peppermint flavor.
<b>MOUNTAIN MINT</b> <i>Pycnanthemum muticum</i>	3'	Soft, pale green leaves on erect stems. Pleasant mint aroma. Flowers and leaves dry for wreaths and arrangements. Tolerates dry soil. Good bee plant. Hardy.

<b>ORANGE BERGAMOT MINT</b> <i>Mentha x piperita</i> 'Orange'	1-3'	Purple-edged, dark green leaves. Strong citrus scent, wonderful in mint tea blends. Try it in a hanging basket.
<b>PENNYROYAL</b> <i>Mentha pulegium</i>	4-8"	Creeper with a strong mint aroma. Used as a flea, insect, and mouse repellent. Lilac flowers dry well for arrangements. Doesn't hybridize with other mints. Leaves are added to black pudding in England and sausages in Spain. Do not use if pregnant.
<b>PENNYROYAL, DWARF</b> <i>Mentha pulegium</i> 'Nana'	2-4"	A dwarf, bright green creeper 4-6" high. Strong mint odor and purple flowers. Does not hybridize with other mints. Do not use if pregnant.
<b>PENNYROYAL, UPRIGHT</b> <i>Mentha pulegium</i> var. <i>erecta</i>	1'-?	Repels insects. Do not use if pregnant.
<b>PEPPERMINT</b> <i>Mentha x piperita</i> (syn. <i>M. nigricans</i> )	1-3'	Traditional mint for tea. Vigorous, creeping, often purple-tinged leaves and stems. Lilac pink flowers. Hybrid between <i>M. aquatica</i> and <i>M. spicata</i> . It is used medicinally for colds, nausea, etc.
<b>PEPPERMINT, M86-2</b> <i>Mentha x piperita</i> M86-2'	1-3'	This commercial variety has been recently released, it provides a stronger menthol oil content and flavor.
<b>PEPPERMINT, MITCHAM BLACK</b> <i>Mentha x piperita</i> 'Mitcham Black'	1-3'	This variety of peppermint is used commercially for its strong menthol oil content and disease/rust resistance. An excellent tea plant.
<b>PEPPERMINT, VARIEGATED</b> <i>Mentha x piperita</i> 'Variegata'	1-3'	Dark green leaves with irregular cream variegation. Same peppermint flavor as species.
<b>PINNEAPPLE MINT, VARIEGATED</b> <i>Mentha suaveolens</i> 'Variegata'	1-3'	Woolly leaves, with creamy white and green variegation. A most attractive mint. Good flavor and a definite pineapple fragrance. Less aggressive than other mints. Leaves dry well for potpourri.
<b>SPEARMINT</b> <i>Mentha spicata</i>	1-3'	Strong spearmint flavor, traditional in lamb dishes and for mint juleps. Has been the indispensable culinary mint since roman times.
<b>SPEARMINT, SCOTCH</b> <i>Mentha x gracilis</i> 'Scotch'	1-3'	A wonderful smelling spearmint, used commercially to produce spearmint oil, also appears to be more rust resistant. Attractive reddish stems and lilac flowers in distinctive whorls. Leaves used fresh, especially good with melon, tomatoes and fruit salads. Good for upset stomachs.
<b>SWISS RICOLA</b> <i>Mentha x piperita</i> f. 'Swiss Ricola'	1-3'	A light, refreshing peppermint flavor. Excellent for teas and used in Swiss candies. Also appears to be rust resistant.