

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.

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

CULTURE: Likes rich, moist, well-drained soil. *M. arvensis* tolerates drier conditions. Sun or part shade.

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

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