PLANT FACT SHEET

# *Mentha suaveolens* Ehrhart

**GENUS** *Mentha* **FAMILY** Lamiaceae

**COMMON NAMES** Apple mint, Pineapple mint, Round-leaved mint

## EDIBLE PARTS AND USES

**Edible parts:** Leaves - flavouring, Tea

The young leaves are used as a flavouring. The young plant has a pineapple like flavour.
They are brewed into tea.

## DESCRIPTION

A herb. It grows 90 cm high and spreads 90 cm wide. It keeps growing from year to year. It has stolons or runners. The stem is erect and 30-80 cm high. There are lines along the stem. The plant is covered with silvery hairs. The leaves usually do not have leaf stalks. The leaves are round and 2-4.5 cm long by 1.5-3 cm wide. There are teeth along the edge. The flower spikes are 2-4 cm long. The flowers are bluish-purple.

## HABITAT

It is a temperate plant. It grows in damp locations. In Hobart Botanical gardens. It suits hardiness zones 5-9.

## PRODUCTION

### Cultivation

Plants can be grown from seeds or by root cuttings.

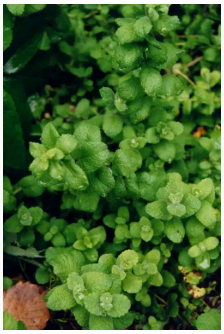
## NOTES

There are 25 Mentha species.

## PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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