PLANT FACT SHEET

Mentha longifolia subsp. typhoides (Brig.) Harley

GENUS *Mentha* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - spice, flavouring, Leaves - tea

The leaves are added to salads. The dried leaves are used as a spice. The leaves are cooked as a vegetable. The leaves are also used as a herbal tea.

DESCRIPTION

It is a herb.

HABITAT

It is a Mediterranean plant.

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