PLANT FACT SHEET

Mentha longifolia var. asiatica L.

GENUS *Mentha* **FAMILY** Lamiaceae

COMMON NAMES Asian mint, Jia bo he

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used as seasoning and also added to sour milk.

DESCRIPTION

A herb. It has underground stems or rhizomes. The above ground stems are erect. They are 50-120 cm high. There are few branches. They are densely hairy. The leaf stalk is 0.1-0.5 mm long. The leaf blade is oblong or sword shaped and 3-8 cm long by 1-2.5 cm wide. The leaf blade can be folded and curved downwards. The flowers are in spikes 3-8 cm long. The flowers are purple-red.

HABITAT

In China it grows on river banks and waste places which are wet. It grows from sea level to 3100 m in north China.

NOTES

There are 25 Mentha species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/352858eb-9130-4ac7-a25d-2a8024f20cb2