PLANT FACT SHEET

Mentha arvensis L.

GENUS *Mentha* **FAMILY** Lamiaceae

COMMON NAMES Apple Mint, Japanese mint

EDIBLE PARTS AND USES

Edible parts: Leaves, Spice, Leaves - tea, Flowers

The leaves are eaten as a flavouring. They can be used to flavour corn meal or in baking fish.
The fresh or dried leaves can be used to make tea.
It can yield an essential oil used to flavour sweets and drinks.
The flowers are used to make a herbal tea.

DESCRIPTION

A herb with stalks that lie along the ground and only slightly curve up. The plant can be 10-60 cm long. The leaves are toothed and hairy. The are narrowly oval. They can be 7.5 cm long. The flowers are lilac, pink or white. They are at the top of the plant and in rings.

HABITAT

It is a temperate plant. It grows in damp soils and along shores. In the Indian Himalayas it grows between 1,200-2,300 m above sea level. It suits hardiness zones 6-9

PRODUCTION

Cultivation

It is grown from stem cuttings. The runners root easily at the nodes. It can be grown from seeds but this is difficult. A spacing of 20-40 cm is suitable.

Harvesting and Seed Production

The first harvest of leaves can occur after 45-60 days.

NOTES

There are 25 Mentha species.
It possibly has anti-cancer properties. It has 9.2 mg per 100 g dry weight and 4.9 mg fresh weight of alpha-tocopherol (Vitamin E).

PICTURES



Credit: Food Plants International (Bruce French)

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