PLANT FACT SHEET

Mentha pulegium L.

GENUS *Mentha* **FAMILY** Lamiaceae

COMMON NAMES European pennyroyal

EDIBLE PARTS AND USES

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

The very tender tips can be added in small amounts to salads and cooked with vegetables. They are used to flavour meat, sauces, stews, and for stuffings.
The dried leaves are used to flavour stewed prunes, apricots, and mixed fruit.
The fresh and dried leaves are used for tea.
Caution: It contains pulegone known to produce abortions. It should not be taken by pregnant women.

DESCRIPTION

A herb. It grows 20-30 cm high and spreads 50 cm wide. It has stolons or runners with scale like leaves. The stems curve upwards and can be trailing. They are 15-30 cm long. They are tinged purple. There are lines along them and there are many branches. The flower spikes have 10-30 flowers and are round. Flowers are red, purple or white.

HABITAT

It is a temperate plant. It grows in N China. It grows in soils that are sometimes waterlogged. It can grow in arid places. In Argentina it grows from sea level to 2,000 m above sea level. It suits hardiness zones 7-10. Tasmania Herbarium.

NOTES

There are 25 Mentha species. Pennyroyal oil is used in medicine. It is used to reduce the garlic smell of the breath.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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