PLANT FACT SHEET

Mentha aquatica L.

GENUS *Mentha* **FAMILY** Lamiaceae

COMMON NAMES Water mint

EDIBLE PARTS AND USES

Edible parts: Leaves, Flavouring, Leaves - tea, Flowers - spice

It is used for flavouring food. It gives a peppermint flavour. It is used with peas, potatoes, egg and cheese dishes and for meat.
It is used to make a tea. It is also added to milk for flavouring. The flowers are also used.

DESCRIPTION

A small herb. It grows 90 cm high. It has a thin rhizome. It can be smooth or hairy. The leaves are 2.5-5 cm long. They have teeth around the edge. The leaves are oval or sword shaped. The flowers are at the top of the shoots. They are small and purple in 2-3 rings.

HABITAT

It is a temperate plant. It grows in marshes and beside running water. In Argentina it grows from sea level to 3,300 m above sea level. It suits hardiness zones 7-9.

PRODUCTION

Cultivation

Plants can be grown by cuttings,

NOTES

There are 25 Mentha species.

PICTURES



Credit: Food Plants International (Bruce French)

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