PLANT FACT SHEET

Mentha cervina L.

GENUS *Mentha* **FAMILY** Lamiaceae

COMMON NAMES Hart's pennyroyal, Holt's pennyroyal

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves have a pennyroyal scent and are used for tea.
They are also used for flavouring potato dishes.

DESCRIPTION

A herb. It grows 30 cm tall. It has slender sword shaped leaves. The flowers are pale blue. They occur in dense clusters.

HABITAT

It is a Mediterranean plant.

PRODUCTION

Cultivation

Plants can be grown by cuttings.

NOTES

It is used as medicine.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 128

Gonzalez, J. A., et al, 2011, The consumption of wild and semi-domesticated edible plants in the Arribes del Duero (Salamanca-Zamora, Spain): an ananalysis of traditional knowledge. Genetic Resources and Crop Evolution 58:991-1006

http://www.botanic-gardens-ljubljana.com/en/plants

Romanowski, N., 2007, Edible Water Gardens. Hyland House. p 109

Sp. pl. 2:578. 1753

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5f009abf-1913-4324-8398-4e27d6ac3270