PLANT FACT SHEET

Mentha canadensis L.

GENUS *Mentha* **FAMILY** Lamiaceae

COMMON NAMES Chinese mint

EDIBLE PARTS AND USES

Edible parts: Oil, Leaves - flavouring, Leaves, Leaves - tea

Mint oil is used for flavouring.
The leaves are used to flavour tea.
The young leaves are eaten fresh or used in stir fried dishes.

DESCRIPTION

A herb which keeps growing from year to year. It has rhizomes or underground stems. The above ground stems are erect and 30-60 cm high. They are hairy. There are many branches. The leaf stalk is 2-10 mm long. The leaf blade is oval to sword shaped and 3-5 cm long by 0.8-3 cm wide. They are hairy. The edges have coarse teeth. The flower heads are about 1.8 cm across. The flowers are purplish or white.

HABITAT

It is a temperate and subtropical plant. In China it grows in wet areas from sea level to 3500 m altitude in all provinces. It grows in Yunnan in China.

NOTES

There are 25 Mentha species. An ancient hybrid, M. arvensis & M. longifolia

PICTURES



Credit: Food Plants International (Bruce French)

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