PLANT FACT SHEET

Mentha arvensis var. villosa (Benth.) S.R.Stewart

GENUS *Mentha* **FAMILY** Lamiaceae

COMMON NAMES American wild mint

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used as a seasoning.
The leaves are also used for a drink.

DESCRIPTION

A small herb. It grows 10-45 cm high. The leaves are opposite and simple. They have short leaf stalks. The leaves are oval or sword shaped. They are 12-50 mm long. The flowers are purple or pink and small. They are 3 mm long and occurs as many together in rings in clusters. The fruit is a group of 4 small nutlets.

HABITAT

It grows in wet places with reeds and sedges.

NOTES

There are 25 Mentha species.

REFERENCES

Cormack, R. G. H., 1967, Wild Flowers of Alberta. Commercial Printers Edmonton, Canada. p 290

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

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/63373a95-4409-48d2-a0cc-dfcc4c8abdea