PLANT FACT SHEET

Mentha arvensis var. piperascens Malinv. ex Holmes

GENUS *Mentha* **FAMILY** Lamiaceae

COMMON NAMES Japanese mint

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Leaves

The flowers are used to scent tea.
The flowers yield Japanese mint oil used to flavour cakes and drinks.
The leaves and shoots are eaten cooked. They can be preserved.

DESCRIPTION

A herb. It keeps growing from year to year and has an aroma. It grows 60-80 cm high. The leaves are broadly sword shaped and 2-4 cm long by 1-2 cm wide. There are teeth along the edge. The flowers are lilac or pink.

HABITAT

It is a temperate plant.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/680e5254-4a9a-423f-a3e6-0cd66654326a