PLANT FACT SHEET

Mentha longifolia subsp. polyadena (Briq.) Briq.

GENUS *Mentha* **FAMILY** Lamiaceae

COMMON NAMES Wild mint

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The leaves are used fresh or dried to make a tea like drink.

DESCRIPTION

An erect herb. It grows 1 m tall. The stems are 4 sided and hairy. They are reddish brown and branched. The leaves are simple and opposite. They are narrowly sword shaped and do not have stalks. They are dark green and smooth above and more pale and hairy underneath. There are fine teeth along the edge. The flowers are in a dense spike like group. The flowers are 4 mm long. The fruit is a smooth oval nutlet.

HABITAT

It is a Mediterranean or subtropical plant.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7a344b98-33c6-45b7-a0f5-4def499ec486