PLANT FACT SHEET

Mentha x piperita var. vulgaris

GENUS *Mentha* **FAMILY** Lamiaceae

COMMON NAMES Black peppermint

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

Leaves are eaten raw or cooked. They are also used for flavouring and herbal tea.
Caution: It should probably not be eaten by pregnant women because it can cause abortions if eaten in large amounts.

DESCRIPTION

A herb. The leaves are in pairs on a dark purplish stem. The flowers are small and pale purple. They grow in round clusters forming a spike.

HABITAT

It is a temperate plant. Tasmania Herbarium.

NOTES

There are 25 Mentha species.

REFERENCES

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

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/970f9a6f-1675-46aa-9f75-5d4cbc1a40d3