



PLANT FACT SHEET

Mentha piperita L.

GENUS *Mentha* FAMILY Lamiaceae

COMMON NAMES Peppermint

EDIBLE PARTS AND USES

Edible parts: Leaves, Herb, Leaves - tea, Spice

It is strongly flavoured and is mostly used as an extract in flavouring sweets and drinks.

The dried leaves can be used for tea.

The oil obtained by distillation is used in flavouring.

DESCRIPTION

A herb that keeps growing from year to year. It can grow to 1.2 m high. The stems are slightly hairy. They are 4 sided and purple. The leaves are almost oval and 2-4 cm long. They are opposite. There are teeth towards the tip. The stalks are 3-12 mm long. The flowers are in clusters at the top of the stems. They are light purple. They are in spikes. The fruit contains 4 small nutlets.

HABITAT

A cool temperate plant. In Hobart Botanical gardens. It suits hardiness zones 4-9.

PRODUCTION

Cultivation

It does not normally set viable seeds. It can be grown from seeds or by division of the roots.

NOTES

There are 25 *Mentha* species. It is a hybrid between *M. aquatica* and *M. spicata*.

PICTURES



Credit: Food Plants International (Bruce French)



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