PLANT FACT SHEET

# *Mentha requienii* Bentham

**GENUS** *Mentha* **FAMILY** Lamiaceae

**COMMON NAMES** Corsican Mint, Spanish mint

## EDIBLE PARTS AND USES

**Edible parts:** Leaves, Spice

The leaves have been used to flavour liqueurs. They have also been used for tea drinks.
CAUTION: Some of the oils in the leaves are toxic.

## DESCRIPTION

It is a creeping herb. It keeps growing from year to year. It grows 2 cm high and spreads 70 cm wide. It can be smooth or slightly hairy. It has thin stems and can form mats. The leaves are small and round or oval. They are 0.6-1 cm long. The leaves can be entire or slightly scalloped.

## HABITAT

It is a temperate plant. It does best in shady locations. It needs moist soil of moderate fertility. It can tolerate frost. It dies back with frost but regrows. It suits hardiness zones 7-10.

## PRODUCTION

### Cultivation

It can be grown from division of small rooted sections.

## NOTES

There are 25 Mentha species.

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