PLANT FACT SHEET

Mentha x villosa Huds.

GENUS *Mentha* **FAMILY** Lamiaceae

COMMON NAMES Bowles' Mint, Heart-leaved mint

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are used for flavouring.

DESCRIPTION

A mint herb which spreads and forms mounds. It grows 0.9 m high and spreads 1.5 m wide. It has creeping rhizomes and runners. The stems can be erect and simple or branched. The leaves are oblong and 5-10 cm long by 2-3 cm wide. They are greyish-green above and white underneath. They have fine hairs on them. The flowers are in large spikes. These are shaped like tubes.

HABITAT

It is a temperate plant. It suits hardiness zones 5-8.

NOTES

There are 25 Mentha species.

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