



PLANT FACT SHEET

Mentha longifolia (L.) Hudson

GENUS *Mentha* FAMILY Lamiaceae

COMMON NAMES Horse-mint, Biblical mint

EDIBLE PARTS AND USES

Edible parts: leaves - condiment, Spice, Leaves - tea, Flowers

The leaves are eaten in chutneys. They are also used for seasonings.

The leaves and flowers yield an oil used for flavouring.

The leaves are candied or used as a tea.

The leaves are dried and used for flavouring.

DESCRIPTION

A herb which keeps growing from year to year. It has rhizomes or underground stems. The above ground stems are erect, or creeping and 1 m high. There are many branches. The branches are white with lines along them. The leaf blade is oval to oblong and 6 cm long by 1.5 cm wide. The leaves have teeth along the edge. The flowers are in spikes 3-8 cm long. They are purplish.

HABITAT

It is a temperate plant. In China it is grown in some cities. It grows in damp locations. It can grow in light shade. It can grow in arid places. It suits hardiness zones 6-9.

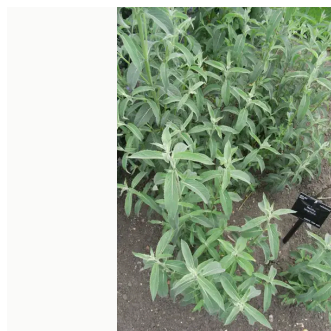
NOTES

There are 25 *Mentha* species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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