

Peppermint



Mentha × piperita

- **Use:** Dried peppermint leaf is used in herb teas, either on its own or in mixtures. Peppermint tea is regarded as a stimulant, a cure for flatulence and has antiseptic properties. It is used in treating indigestion, sore throats, colds and toothache, among others. Peppermint, and other herbal teas are being consumed in increasing quantities by the general population purely for enjoyment rather than for their medicinal activity. Excellent for containers.
- **Exposure/Soil:** Plant mint in moist, fertile soil in light shade to full sun.
- **Growth:** Grows 24-30" tall and wide. Grows quickly, and its roots may need containing. Space plants 3' apart.
- **Hardiness:** Herb; 6-11
- **Foliage:** Deciduous; Stems are usually purple and leaves can also be purple-tinged, particularly if the crop is suffering from water stress.
- **Flower:** Spikes of lilac-pink flowers are produced in mid-summer.

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