

# Moroccan Peppermint



Moroccan Mint Tea is most often a combination of green tea, sugar and fresh mint. Thought to be a centuries old tradition, some historians believe it is a slightly more “modern” ritual. Indeed it is the making and serving of the tea that is traditional and not necessarily what it is made from. In times past, it has been made from various fresh herbs used singly (like wormwood or mint), with tea (traditionally a dried gunpowder tea from China) or in combination with other fresh herbs like [Lemon Verbena](#). When dried Moroccan Mint tea is sold or made, it is usually a form of Peppermint like our Moroccan Mint featured here.

## *Mentha piperata* ‘Moroccan’

- **Use:** Cook with your own fresh herbs! Great for candies, cookies, teas, ice cream and more. Grows very quickly. Excellent for use in containers.
- **Exposure/Soil:** They love full hot sun, but be sure to keep them well watered, but not drowning. Pinch tips back occasionally to produce a bushy plant! Use slow release fertilizer for best results
- **Growth:** Grows 1-2 ft tall and continues to spread. Excellent for use in containers. Know that they can get invasive if not in a container or in an area where they are prevented from spreading.
- **Hardiness:** Zone 5-9 Perennial
- **Foliage:** Deciduous Fragrant edible leaves.
- **Flower:** Purple flowers in fall.