

Spearmint



Cook with your own fresh herbs! Great for candies, cookies, teas, ice cream and more.



Mentha spicata

- **Use:** Most of the mints we use today, including spearmint, came to North America with the Colonists. They used mint teas medicinally for headaches, indigestion and to help them sleep. Mint is also an excellent culinary addition and makes a great teas for the pure pleasure of it. Grow them in containers to keep them in check.
- **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 As a general rule, mint family plants root vigorously when allowed to grow freely and can be invasive so plan ahead.
- **Hardiness:** Zone 5-11; Perennial
- **Foliage:** Deciduous; Fragrant edible leaves.
- **Flower:** White flowers in late summer -fall.

Did you know that we recycle empty pots and trays? Please bring them back! Save the Earth!