

# Apple Mint



## *Mentha suaveolens* 'Apple'

- **Use:** **Excellent for make Apple Mint Tea!** It is often used as ornamental plant. Mostly used in culinary purpose. Its leaves can be used to make apple mint jelly as well as to give a flavor in dishes. It is also used for garnishing purpose and in salads. Harvest leaves as needed and use fresh or dried. Excellent for containers.
- **Exposure/Soil:** Plant in moist, fertile soil in light shade to full sun.
- **Growth:** Grows 18-24" tall and wide. Grows quickly, and its roots may need containing. Space plants 3' apart.
- **Hardiness:** Zone 5-9; Perennial, Herb
- **Foliage:** Deciduous; It is clearly different from most other mints - its scent and flavour are agreeably mild and warm, not pungent nor overly sweet like other mints.
- **Flower:** Spikes of white to light pink/purple flowers are produced in mid-summer.



Uses: Flowering Plant, Fragrance, Rockery, Meat & Fowl Cooking, Fish Flavouring, Hot Dishes, Soup, Cheese Seasoning, Salads, Oil Flavouring, Infusions

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