

MINT LIST 2012

Mint	General Information	Mints are wonderful for teas and cooking and make lovely groundcovers, BUT, they are invasive, propagating both by roots and runners, and sometimes, seeds. We recommend growing mint in a pot unless you are certain you don't care if it takes over. While mints will grow in full sun (with plenty of water), in our climate we suggest morning sun, afternoon shade, to protect the leaves from burning. All mint flowers are small, held in spikes, and very attractive to beneficial insects.	
Mint	Botanical Name	Description	USDA Zone
PEPPERMINTS			
Black-Stemmed Peppermint	<i>Mentha piperita</i>	Perennial. Ht. 12 in. Tasty, fragrant leaves, attractive black stems. With a stronger scent than regular peppermint, it makes great tea.	6 - 10
Candy Mint	<i>Mentha piperita</i>	Perennial. Ht. 16 in. Very strong, yet sweet, peppermint. Stems deep red, leaves dark green.	5
Chocolate Mint	<i>Mentha piperita f. citrata</i>	Perennial. Ht. 18 in. Fragrant, dark green leaves, chocolate-colored stems. Some detect a hint of chocolate flavor as well; combines well with chocolate dishes.	4 - 11
Peppermint	<i>Mentha piperita</i>	Perennial. Ht. 24 in. The classic tea mint, deep green, aromatic leaves.	5 - 11
Swiss Ricola Mint	<i>Mentha x piperita</i>	Perennial. Ht. 12 in. Fragrant mint with a menthol note, used in the eponymous cough drops.	6 - 10
SPEARMINTS			
Chewing Gum Mint	<i>Mentha spicata cv.</i>	Perennial. Ht. 12 in. Crispy, dark green leaves, compact habit. Excellent flavor and fragrance (like Wrigley's gum).	3 - 9
Curly Spearmint	<i>Mentha spicata crispa</i>	Perennial. Ht. 24 in. Crinkled, ruffled, bright green, round leaves. Fresh flavor.	5 - 11
Kentucky Colonel Spearmint	<i>Mentha spicata var.</i>	Perennial. Ht. 24 in. Large leaves on a vigorous plant, very aromatic, great for drinks such as mojitos and juleps. A cross between spearmint and applemint, it has a somewhat sweeter flavor and fragrance than regular spearmint.	4 - 11

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Moroccan Mint	<i>Mentha spicata</i>	Perennial. Ht. 24 in. Smallish, bright green leaves, fine fragrance, clear, spearmint flavor. A favorite for cooking. Used in such Middle Eastern recipes as tabbouleh salad, and used to make tea.	4 - 11
Spanish Mint	<i>Mentha spicata var.</i>	Perennial. Ht. 32 in. Deep green, wrinkled, pointed leaves, purple stems, prostrate habit. Delicious and intense mint for tea, cooking.	3 - 11
Spearmint	<i>Mentha spicata</i>	Perennial. Ht. 24 in. Dark green leaves, with less menthol than peppermint, make this one of the best mints for cooking.	3 - 9
Swiss Mint	<i>Mentha spicata</i>	Perennial. Ht. 36 in. Mid-green, lance-shaped, serrated leaves; strong, icy mint flavor.	3 - 9
Other Mints			
Apple Mint	<i>Mentha suaveolens</i>	Perennial. Ht. 40 in. Upright habit, round, soft, fuzzy, light green leaves. Apple-menthol fragrance. Very nice for tea.	5 - 11
Banana Mint	<i>Mentha arvensis</i>	Perennial. Ht. 12 in. Slightly fuzzy chartreuse leaves with a distinctive banana scent and flavor, nice for fruit salad or to mix with chocolate mint as a herbal blend for tea, smoothies or cooking.	5 - 11
Lemon Balm	<i>Melissa officinalis</i>	Perennial. Ht. 36 in. Lime green leaves strongly scented with lemon, lovely to brush against on a hot summer day. Warning: extremely invasive, grow only in a pot.	5 - 11
Moir Mint	<i>Mentha cv.</i>	Perennial. Ht. 24 in. English mint with deep green leaves, wonderful scent; excellent culinary mint. Provided by our own Moira, of the Perennials Dept.	5 - 11
Pennyroyal	<i>Mentha pulegium</i>	Perennial. Ht. 4 in. Creeping groundcover with small leaves and strong scent. Pennyroyal is not edible and not a culinary or tea mint, but works as an insect repellent when rubbed on skin, and smells much better too. Plants placed around patios, picnics and parties help keep insects away. Warning: Not to be used in any form by pregnant women.	6 - 11
Variegated Pineapple Mint	<i>Mentha suaveolens variegata</i>	Perennial. Ht. 18 in. Pineapple-scented, green and cream variegated foliage. Beautiful bedding plant, makes a fruity tea.	6 - 9