

MINTS 2023

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			
After Eight	<i>Mentha x piperita</i>	Perennial. Ht. 18 in. Purple/green leaves, mauve flowers that attract pollinators, on a very minty mint. Perfect garnish for drinks and desserts, makes a lovely tea.	4 - 11
Candy Mint	<i>Mentha piperita</i>	Perennial. Ht. 16 in. Very strong, yet sweet, peppermint. Stems deep red, leaves dark green.	5 - 11
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
Grapefruit Mint	<i>Mentha x piperita 'Grapefruit'</i>	Perennial. Ht. 12-14 in., 18 in. wide, pinch frequently to keep it from getting leggy. Deep green, oval, crinkled and fuzzy leaves, citrus-spearmint scent and flavor. Great for tea, crushed in cold drinks, in fruit salads (flowers too!), sorbet, or added to chicken or fish dishes.	5 - 11
Lime Mint	<i>Mentha x. piperita f. citrata 'Lime'</i>	Perennial. Ht. 12-24 in. Upright mint with oval, crinkly, green leaves brushed with bronze; refreshing lime scent and flavor with mint undertones, both fruity and spicy; wonderful for drinks, to cook with chicken or fish, to add to salads, fruit salads, or to make pesto or mint sauce; use fresh or dried.	4 - 11
Peppermint	<i>Mentha piperita</i>	Perennial. Ht. 24 in. The classic tea mint, deep green, aromatic leaves.	5 - 11
Sweet Pear Mint	<i>Mentha x piperita</i>	Perennial. Ht. 20 in. This mint tastes and smells like ripe pears, which makes it perfect for teas, summer drinks, desserts, and fruit salads. It is robust and upright and does not send out runners, which makes it a bit safer to grow outside of a pot. The leaves are silvery green and the flowers are lilac and attract all kinds of pollinators. This is one of Jim Westerfield's, the famous botanist, mints, its full name is Jessie's Sweet Pear, and Jessie is Jim's cat 😊.	4 - 10
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			
Black Currant Mint	<i>Mentha spicata cv.</i>	Perennial. Ht. 18 in., spread 24 in. Unusual mint, scent and flavor of spearmint with black currant overtones; new growth is the color of black currants, older leaves are dark green, flower spikes are mauve. A wonderful flavoring to add to mint tea, drinks such as mojitos, ice cream and sorbets, mint sauce for lamb, and baked goods.	4 - 9
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
English Mint	<i>Mentha spicata cv.</i>	Perennial. Ht. 18 in. Compact plant with deep green leaves, sweet flavor, enticing aroma, many culinary and medical uses. A classic! Very nice container plant, less invasive than most mints, resistant to mint rust.	4 - 9

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Greek Mint	<i>Mentha spicata</i>	Perennial. Ht. 24 in. Crinkled, dark green leaves with fabulous flavor and aroma; used in drinks and cooking. Original cuttings donated by Shirley and Leesa Hobbs, who received them from their friend Dimitrios, in Eritrea.	5 - 11
Julep Mint	<i>Mentha spicata</i>	Perennial. Ht. 12-18 in. Dark green leaves with sweet flavor and aroma, excellent for tea, mojitos, juleps and other drinks, and desserts.	4 - 9
Kentucky Colonel Spearmint	<i>Mentha spicata</i> var.	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 apple mint, it has a somewhat sweeter flavor and fragrance than regular spearmint.	4 - 11
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 to make tea.	4 - 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 and tea.	3 - 9
Strawberry Mint	<i>Mentha spicata</i>	Perennial. Ht. 10-12 in. Deep green mint with strawberry scent and flavor, great for drinks and salads, favorite with children.	4 - 10
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. 12-18 in. tall and wide, somewhat prostrate habit. Chartreuse, fuzzy foliage, small lilac flowers, scent and flavor are a tropical, fruity blend of peppermint and banana. Cut back hard in the fall.	5 - 11
Ginger Mint	<i>Mentha gracilis</i>	Perennial. Ht. 12 in. Bright green leaves, sometimes with gold variegation. Refreshing ginger-fruit-mint flavor and fragrance.	6 - 9
Moir English Mint	<i>Mentha</i> cv.	Perennial. Ht. 24 in. English mint with deep green leaves, wonderful scent; excellent culinary mint. Cuttings provided by our friend Moira Elcox.	5 - 11
Mojito Mint	<i>Mentha x villosa</i>	Perennial. Ht. 18-24 in. Cuban mint with distinct, aromatic, complex taste, used to make the celebrated beverage, also used fresh or dried in other dishes and beverages.	5 - 9
Orange Mint	<i>Mentha aquatica</i>	Perennial. Ht. 24 in. Dark green, glossy leaves with purple edges. Citrus flavor, perfect for teas and fruit drinks.	4 - 9
Thai Mint (Bae Saranae)	<i>Mentha arvensis</i>	Perennial. Ht. 18-20 in. Traditional mint for Thai cuisine. Delicious in green salads, coleslaw and potato salad. Adds a subtle flavor to soups, omelets and stir fries, great in mint sauce and mint tea. Soft, spearmint-like aroma; pleasant sweet flavor with a cool aftertaste and a touch of caraway. Dark green leaves, purple stems, lilac flowers that attract pollinators.	5 - 9
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