

Mint 2024

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 are very attractive to beneficial insects. Mints are perennials.

Mint Variety	Species	Description	USDA Zone
After Eight	<i>Mentha x piperita</i>	Ht. 18". Purple/green leaves and mauve flowers that attract pollinators on a very minty mint. Perfect garnish for drinks and desserts and makes a lovely tea.	4 - 11
Apple	<i>Mentha suaveolens</i>	Ht. 40". Round, soft, fuzzy, light green leaves. Apple-menthol fragrance. Very nice for tea. Upright habit.	5 - 11
Banana	<i>Mentha arvensis</i>	12-18" tall and wide. Chartreuse, fuzzy foliage and small lilac flowers. Scent and flavor are a tropical, fruity blend of peppermint and banana. Cut back hard in the fall. Somewhat prostrate habit.	5 - 11
Berries and Cream	<i>Mentha</i> spp.	16" tall and wide. Dark green, heavy textured leaves and mauve flowers. Minty flavor with notes of berry and citrus. Use in potpourri, beverages, and baked goods. Compact and semi-upright habit.	5 - 8
Black Currant	<i>Mentha spicata</i>	18" tall by 24" wide. An unusual mint with a scent and flavor of spearmint with black currant overtones. New growth is the color of black currants, while 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	<i>Mentha spicata</i>	Ht. 12". Crispy, dark green leaves. Excellent flavor and fragrance (like Wrigley's gum). Compact habit.	3 - 9
Chocolate	<i>Mentha piperita f. citrata</i>	Ht. 18". Fragrant, dark green leaves, chocolate-colored stems. Some detect a hint of chocolate flavor as well; combines well with chocolate dishes.	4 - 11
Curly	<i>Mentha spicata var. crispa</i>	Ht. 18-24". Bright green leaves are tightly crinkled. Tasty spearmint flavor is nice in teas, salads, and baked goods.	5 - 9
Eau De Cologne	<i>Mentha piperita f. citrata</i>	Ht. 18". Sweet and aromatic with hints of lavender and citrus. Nice in teas and salads.	4 - 11

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Emerald Gold	<i>Mentha x gracilis</i>	Ht. 8-12". Highly ornamental with gold splashes on bright green leaves in cool weather. Has a spearmint flavor that is a fun addition to salads and drinks.	
English	<i>Mentha spicata</i>	Ht. 18". A compact plant with deep green leaves, sweet flavor, enticing aroma, and many culinary and medical uses. A classic! Very nice container plant, less invasive than most mints, and resistant to mint rust.	4 - 9
Ginger	<i>Mentha gracilis</i>	Ht. 12". Bright green leaves, sometimes with gold variegation. Refreshing ginger-fruit-mint flavor and fragrance.	6 - 9
Grapefruit	<i>Mentha x piperita</i>	12-14" tall by 18" wide. 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. Pinch frequently to keep it from getting leggy.	5 - 11
Greek	<i>Mentha spicata</i>	Ht. 24". 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
Hilary's Sweet Lemonade	<i>Mentha spp.</i>	Ht. 12-24". A cross of 'Apple' and 'Lime' mint with sweet, citrus flavor.	6 - 9
Ingauno	<i>Mentha spicata</i>	Ht. 16". Deep green leaves compliment purple flower spikes. Spearmint flavor is nice in fruit salads and beverages. Plants have a trailing habit.	5 - 9
Julep	<i>Mentha spicata</i>	Ht. 12-18". Dark green leaves with sweet flavor and aroma are excellent for tea, mojitos, juleps, and desserts.	4 - 9
Kentucky Colonel	<i>Mentha spicata</i>	Ht. 24". Large leaves on a vigorous plant are very aromatic and 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

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Lime	<i>Mentha x. piperita f. citrata</i>	Ht. 12-24". Upright mint with oval, crinkly, green leaves brushed with bronze. Refreshing lime scent and flavor with mint undertones is both fruity and spicy, and wonderful for drinks, to cook with chicken or fish, to add to salads and fruit salads, or to make pesto or mint sauce. Use fresh or dried.	4 - 11
Mojito	<i>Mentha x villosa</i>	Ht. 18-24". A Cuban mint with distinct, aromatic, complex taste. Used to make the celebrated beverage, and also used fresh or dried in other dishes and beverages.	5 - 9
Moroccan	<i>Mentha spicata</i>	Ht. 24". Smallish, bright green leaves have fine fragrance and a clear, spearmint flavor. A favorite for cooking, it is popular in Middle Eastern recipes such as tabbouleh salad and to make tea.	4 - 11
Orange	<i>Mentha aquatica</i>	Ht. 24". Dark green, glossy leaves with purple edges. Citrus flavor is perfect for teas and fruit drinks.	4 - 9
Peppermint	<i>Mentha x piperita</i>	Ht. 24". This classic tea mint is deep green with aromatic leaves.	5 - 11
Peppermint Upright	<i>Mentha x piperita</i>	Ht. 16". Classic peppermint flavor with an upright plant habit.	3 - 7
Peppermint Variegated	<i>Mentha x piperita</i>	Ht. 12-24". Medium green leaves are splashed with cream variegation. Part sun keeps leaves from scorching. Classic peppermint flavor. A delicious and beautiful addition to mixed planters.	5 - 11
Spanish	<i>Mentha spicata</i>	Ht. 32". Leaves are deep green and heavily textured. Fast growing for high yields of strongly aromatic leaves that make flavorful teas and other beverages.	5 - 8
Spearmint	<i>Mentha spicata</i>	Ht. 24". Dark green leaves with less menthol than peppermint make this one of the best mints for cooking and tea.	3 - 9

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Strawberry	<i>Mentha spicata</i>	Ht. 10-12". Deep green mint with strawberry scent and flavor. Great for drinks and salads and a favorite with children. Plants are compact and dainty.	4 - 10
Sweet Pear	<i>Mentha x piperita</i>	Ht. 20". 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, making it a bit safer to grow outside of a pot. The leaves are deep 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	<i>Mentha x piperita</i>	Ht. 12". Fragrant mint with a menthol note is used in the eponymous cough drops.	6 - 10
Thai (Bae Saranae)	<i>Mentha arvensis</i>	Ht. 18-20". Dark green leaves, purple stems, lilac flowers that attract pollinators. A traditional mint for Thai cuisine with a soft, spearmint-like aroma and pleasant sweet flavor with a touch of caraway. Delicious in green salads, coleslaw, and potato salad, and adds a subtle flavor to soups, omelets and stir fries. Also great in mint sauce and mint tea.	5 - 9
Variegated Pineapple	<i>Mentha suaveolens variegata</i>	Ht. 18". Green and cream variegated leaves are pineapple-scented and make a fruity tea. A beautiful bedding plant.	6 - 9