

ANOTHER  
HERB HERBERT  
FACT SHEET

SPECIAL INTEREST HERBS

# AUSSIE MINT

*Mentha diemenica*



This new Australian Mint is a fantastic alternative to your normal common Mint, which can be used in exactly the same way as your usual Mint. Aussie Mint also has a slight taste of Spearmint to give that extra zest in your culinary dishes.



## DESCRIPTION

Aussie Mint Variety is 'Kosciusko'. It is a dainty perennial prostrate herb which has been selected for its dense mat-forming habit, strong scent/flavor and profusion of delicate mauve colored flowers during the warmer months. It has small oval-shaped leaves (2cm/1in) and yields a strong mint aroma when crushed. It makes a wonderful pot plant and flowers well in a pot.



**USES**  
Aussie mint is highly regarded as a strong culinary herb with a unique Spearmint flavor. It is generally used sparingly to provide a subtle flavor. Because of its medicinal properties, concentrated infusions made from mint should be used in moderation.



**CULTIVATION**  
Aussie Mint's wild form occurs naturally in all states of Australia, although rarely seen. It is generally found in moist places along streams, rivers or swamps on a wide range of soil types from lower rainfall areas (4cm/2in) to coastal and alpine regions. Aussie Mint is a hardy, fast growing adaptable herb preferring a sunny, moderately moist to damp position. Its dense mat-forming habit and scented foliage make it ideally suited to garden beds, hanging baskets,

window boxes or in courtyard gardens receiving dappled to heavy shade. This mint thrives on alkaline and acidic soils, tolerates frosts and during droughts will die back to its underground rhizomes, to re-emerge rapidly after rains. Responds to any form of organic fertilizer (eg Blood Bone) in the bottom of the planting hole, (not in direct contact with roots) and side dressing (indirect contact with roots) in Spring and Autumn/Fall.



Any enquiries can be directed to:

HERB HERBERT P/L PO Box 24 Monbulk Victoria 3793 Australia

E-mail: [herb@herbherbert.com](mailto:herb@herbherbert.com)

This Herb description is for informal use only; we cannot accept any liability for any harm or illness arising from the misuse of the plant described above

[www.herbherbert.com](http://www.herbherbert.com)