

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Vietnamese Coriander /Hot Mint *Polygonum odoratum*



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There are about 150 species of annuals, perennials and shrubby climbers contained in this genus.

Hot mint also known as Vietnamese mint, rau ram, Indonesian mint and Vietnamese coriander is a widely used traditional culinary herb from Southeast Asia. Vietnamese refugees introduced this herb to western society.

DESCRIPTION

Polygonum odoratum is not a true mint. This is spreading herb with jointed creeping stems and a pungent hot tasting leaf. The lance shaped leaf is bright green with a distinct red marking in the centre of the leaf. Small pink flowers appear in summer on drooping terminal spikes

PARTS USED

Flowers, oil

PROPERTIES

An aromatic herb.

USES OF THE HERB

Culinary

The pungent flavor is not unlike coriander and is used to flavor a variety of Asian dishes. Use leaves fresh to flavor chicken, pork, rice and vegetable dishes. Used raw it adds piquancy when combined with other salad herbs.

Medicinal

No significant medicinal properties

CULTIVATION

Requires rich, moist soil in sun or part shade. Grows easily from cuttings or division as roots form easily along joints of stem when it comes in contact with the ground. Apply a side dressing of compost to maintain a healthy plant.

HARVEST

Whole plant can be cut for use or pick a few leaves at a time.

Height 80cm (30in) x Spread indefinite

