

ANOTHER  
HERB HERBERT  
FACT SHEET

SPECIAL INTEREST HERBS

# BASIL MINT

*Mentha sp.*



**T**his genus consists of 25 variable species of aromatic perennials and a few annuals, occurring in temperate regions of Europe, Asia and Africa. Most flower from summer to early autumn/fall. Mints of various kinds have a place in most gardens.

Mentha is the original Latin name for these plants and is derived from the Greek 'minthe'. They are rich in volatile oils of variable composition. It is menthol that gives mints their typical smell and taste, which are simultaneously cool and warming.

#### DESCRIPTION

This variety has smooth dark green oval leaves and purplish stems. The leaves have a distinct 'spicy' fragrance. It has a strong mint flavor with undertones of basil. Lilac flowers in spikes in autumn/fall.

#### PARTS USED

Leaves, oil

#### PROPERTIES

A strongly aromatic herb. Contains volatile oils for scenting cosmetics.

#### USES OF THE HERB

Culinary

Used in Asian cooking. Great for sauces or dried and used with lamb or pork. Leaves are used to flavor teas and iced drinks.

Aromatic

Leaves can be added to potpourri.

Economic  
Oil commercially used to scent cosmetics and soaps.

#### CULTIVATION

Rich, moist, well-drained soil in full sun or part shade. Propagate by cuttings during growing season.

#### HARVEST

Whole plants are cut as flowering begins and leaves are cut during the growing season and used fresh or dried.



Height 30-90cm (12-36in) x Spread indefinite



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