

ANOTHER  
HERB HERBERT FAVOURITE HERBS  
FACT SHEET

# Mint Common

## *Mentha cordifolia*



**T**his genus consists of 25 often variable species of aromatic perennials and a few annuals, occurring in temperate regions of Central Europe, Asia and Africa. Most flower from summer to early autumn.

Mentha is the original Latin name for these plants and is derived from the Greek minthe.

In Greek Mythology, it is said that Pluto fell in love with the beautiful nymph, Minthe. When Perisphone found out, jealous with rage, she turned Minthe into a lowly plant. Although Pluto could not undo the spell he was able to make sure that the more Minthe was tread upon, her smell became stronger and sweeter. The name Minthe changed to Mentha and thus became the genus name for this herb.

In Medieval times mint was once strewn on floors to help cleanse and sweeten houses. It also has become a symbol of Hospitality.

Mints are rich in volatile oils of variable composition. It is menthol that gives mints their typical smell and taste, which is simultaneously cool and warming.

### DESCRIPTION

*Mentha cordifolia*, Common Mint, leaves are deep green, rippled, broad and round. Curly Mint has the same properties as Common Mint with curly leaves.



### PARTS USED

Whole plant, leaves, oil

### PROPERTIES

An aromatic, stimulant herb that improves digestion and relieves spasms. Oil is less pungent than peppermint oil and is non-irritant.

### USES OF THE HERB

#### Culinary

Mints are used in cooking with new potatoes, peas, or finely chopped and cooked with carrots. Mint sauce is renowned for its affinity with lamb, it is also used in mint julep, mint tea (a nice addition to punches) and salads. Crystalized leaves go well in apple jellies and chutneys.

#### Medicinal

Internally for indigestion, colic, feverish childhood illnesses.

#### Economic

Oil is used in commercial food flavouring (notably) in chewing gum and oral hygiene preparations.



Height 60cm (2ft) x  
Spread indefinite



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### CULTIVATION

Propagate by cuttings during growing season. Foliage may be damaged by mildew and rust. Always pinch tips to promote a compact growth.

### HARVEST

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

