

# Mint Ginger

*Mentha x gracilis syn. M x gentilis*

**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. 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

Mentha x gracilis 'Variegata' has smooth green leaves splashed with gold. The aroma has a hint of spiciness reminiscent of basil. White flowers in spikes in autumn.

## USES OF THE HERB

### Culinary

Too strong for much culinary use, but may be used sparingly to achieve a spicy flavour.

### Aromatic

Leaves are added to potpourri.

### Medicinal

Tea can aid digestion.

## CULTIVATION

Rich, moist, well-drained soil in full sun or part shade. Propagate by cuttings during growing season. Cut back hard to renew golden foliage.

## HARVEST

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



Any enquiries can be directed to:  
HERB HERBERT P/L  
PO Box 24 Morbank  
Victoria 3793 AUSTRALIA  
E-mail: herb@herbherbert.com



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

## PARTS USED

Leaves, oil

## PROPERTIES

A strongly aromatic herb.  
Benefits digestion and helps to relieve spasms.

