

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Mint Pepper

Mentha x piperita



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This genus *Mentha* consists of 25 often variable species of aromatic perennials and a few annuals, occurring in temperate regions of Eurasia 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.

Mentha x piperita, a hybrid between *M. aquatica* and *M. spicata*, is a vigorous, creeping, often purple-tinged perennial with smooth, toothed leaves. Lilac-pink, sterile flowers are borne in terminal spikes.

Medicinal
Internally for nausea, morning sickness, colic. Combined with Elderberry is very effective against colds.

Economic
Oil is widely used in oral hygiene preparations, toiletries, cigarettes, ice cream, candy and liqueurs.

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 for use in concentrated waters, infusions, liquid extracts, powders, spirits or oil distillation.



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PARTS USED
Whole plant, leaves, oil.

PROPERTIES
A strongly aromatic, herb that relieves decongestion and spasms, increases perspiration, improves digestion, and has a mildly antiseptic and anesthetic effect.

USES OF THE HERB
Culinary
Leaves are used in teas, in iced drinks.
Aromatic
Leaves are added to potpourri.

H 12-36in spread indefinite

