

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Mint Apple

Apple Mint: *Mentha suaveolens*

Variegated Apple Mint/Pineapple Mint: *Mentha suaveolens variegata*

This 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

Mentha suaveolens has soft green, hairy leaves with a fruity aroma of apples and spearmint. White flowers in spikes in autumn.

Apple mint also has a variegated form, which is sometimes called Pineapple Mint, but is still technically classified as *Mentha suaveolens* Variegated.

PARTS USED

Leaves.

PROPERTIES

A strongly aromatic herb.

USES OF THE HERB

Culinary

Leaves are used to flavor teas, in iced drinks, sauces and jellies. Leaves can be crystalized and used as a sweet or for a garnish.

Aromatic

Leaves are added to potpourri.

Medicinal

No medicinal use for this plant now, though it was once thought to be used by ancient monks to re-stimulate the brain following epileptic fits.

CULTIVATION

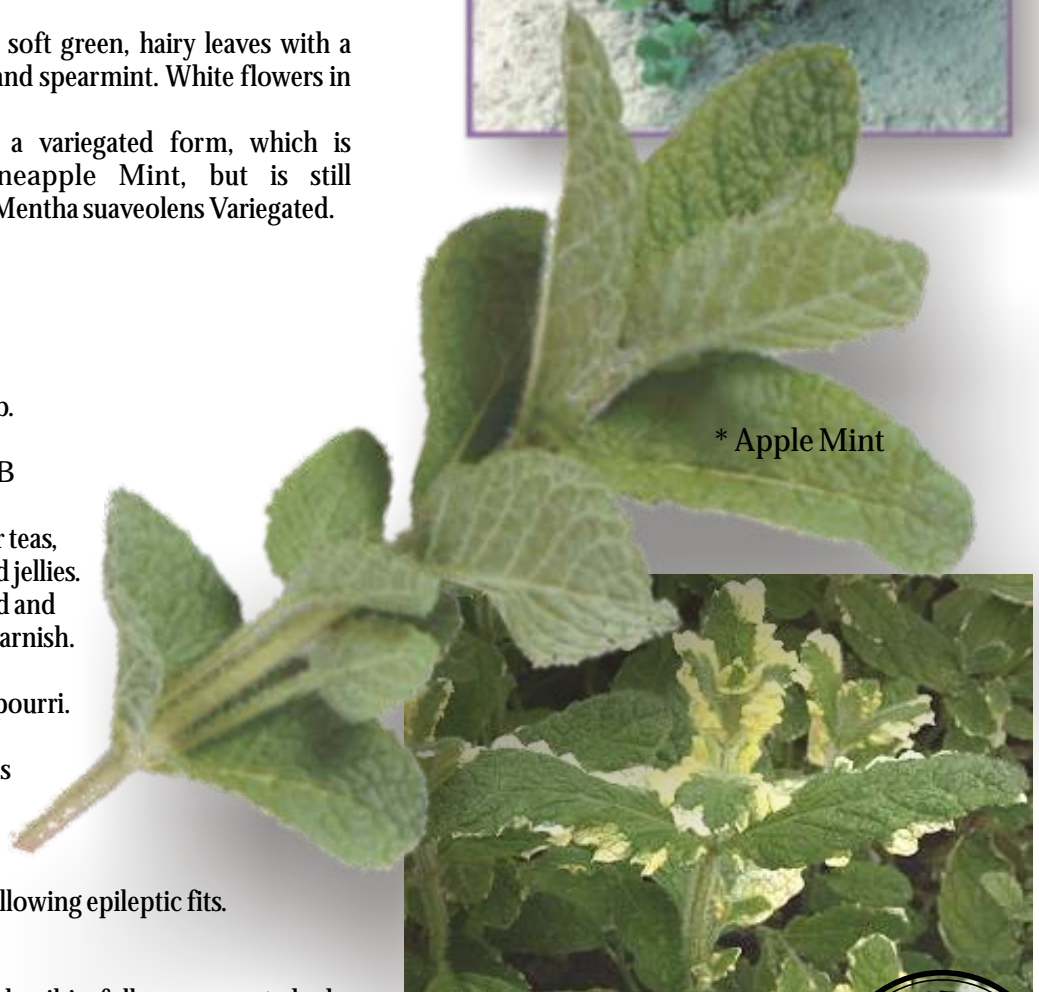
Rich, moist well-drained soil in full sun or part shade. Propagate by cuttings during growing season.

HARVEST

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



* Apple Mint



* Variegated Apple Mint
sometimes called Pineapple Mint

Height 40cm-90cm (16-36in)
x spread indefinite.



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