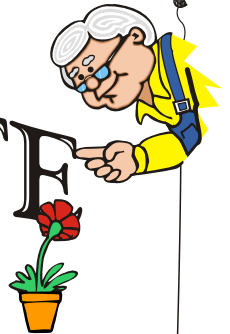


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# MINT CHOCOLATE

Hardy Perennial  
*Mentha x piperita* 'Mint Chocolate'  
Family: Labiatae/Lamiaceae



## HISTORY

This genus 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. 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* is a red-tinged, creeping perennial with sweetly scented, ovate leaves. A striking scent of peppermint overlaid with a distinct chocolate flavouring.



Internally for nausea, morning sickness, colic. Externally for burns, itching skin conditions, ringworm, rheumatism, and as an insect repellent.

Oil is 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.

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.

## DESCRIPTION

A strongly aromatic, with a distinct chocolate flavoring herb that relieves spasms, increases perspiration, improves digestion, and has antiseptic, mildly aesthetic effects.



## USES

Leaves are used in teas, in iced drinks and in salads.

Leaves are added to potpourris.



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