

ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

Mint Pennyroyal *Mentha pulegium*



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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. *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 pulegium 'Pennyroyal' is a creeping, low-growing cultivar with oval, lighter green leaves.

USES OF THE HERB

One should not get disillusioned when using plants as a natural approach to insect eradication. A couple of simple rules will guide you to reduced insect problems. Firstly, what repels insects from a herb is the oil within its leaves which

Aromatic
Leaves added to potpourris.

Medicinal
Internally for indigestion, colic, feverish colds and menstrual complaints. Not given to pregnant women.
Externally for skin irritations.

Economic
Traditionally used to repel mice and insects. Oil is used in soaps and detergents.

CULTIVATION

M. pulegium prefers damp, sandy acid soil; Propagate by seed sown in spring. Foliage may be damaged by mildew and rust. Pennyroyal is subject to statutory control as a weed in some countries, notably in parts of Australia.

HARVEST

Whole plants are cut as flowering begins, and leaves are cut during the growing season and used fresh or dried for used in concentrated waters, infusions, liquid extracts, powders, spirits or oil distillation.



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need to be released to be effective. To release the sap or oil the herb must be cut or bruised. Bunches can be cut and hung by any door or BBQ or planted near a walkway where the plant will be brushed by passers by. When doing your yearly prune, these herbs can also be dried for sachets to repel insects inside your house.

PARTS USED

Whole plant, leaves, oil.

Culinary

Leaves are added to black pudding (northern England) and sausages (Spain).

Height 10-15cm/4-6in Spread indefinite

