

## MINT

*Mentha*



**Pennyroyal**

**Pennyroyal** (pulegium) – It has bright green peppermint scented leaves. Mauve flowers. This variety is a creeping and low growing mint. It is 15cm tall. Pennyroyal prefers a damp soil. Grow in full sun and partial shade. Young leaves can be cut at any time. Has insect repelling properties.



**Peppermint**

**Peppermint** (piperita) – The leaves are fragrant, toothed and hairy. The stems are a reddish – purple colour and smooth. The flowers are purple. Grows well in most climates, in full sun and partial shade. Can be grown indoors. Soil should be rich and well mulched. Requires plenty of water. Leaves can be picked at any time.



**Spearmint**

**Spearmint** (Spicata) – Leaves are toothed and bright green with a spearmint scent and flavour. The flowers are tiny and purple. It grows to be 60cm tall. Sow outdoors in spring in sun light and partial shade. The soil should be moist and well drained. Can be grown indoors. Pick leaves at any time and before flowering.