

# Mint



# Mint

Suggested species: *Mentha x piperita* (peppermint); *Mentha spicata* (spearmint)

## Herbs

### PLANT



Plant bought mint or insert 'root cuttings' 3cm deep in pots, ie dig up established plants and cut away 5cm long roots. Choose well drained fertile soil in sunny site

### GROW



Grow in pots to confine plant spread (or sink large bottomless pot into soil with 4cm lip). Cut back to encourage fresh growth. Dig up and split plants every three years

### EAT



Pick leaves before flowering for use fresh or to dry or freeze. Don't plant different mints together as flavours can mix. Will crop year after year

### Growing guide

Easy!

### Average growing period

12 weeks from cuttings

### Equipment needed

Large pot

### Germination time

Cuttings sprout in 2 weeks

### Average plant size

60cm tall; width indefinite

### Family group to grow with

Lamiaceae: basil, sage

### Seed saving group

5 - Specialist or not applicable

### Key nutritional content

Fresh: calcium, iron, folate, vit. C, vit. A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot