Mint

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

**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**

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**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.

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- **Sow indoors**
- **Sow outdoors**
- **Plant out/transplant**
- **Harvest**
- **Use cloche**

2.5cm = 1 inch  30 cm = 1 foot

www.gardenorganic.org.uk
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