

## Mint

There are many varieties, and the information given below is applicable to all.

**Peppermint** (*Mentha x piperita*)

**Spearmint** (*Mentha spicata*)

**Chocolate Mint** (*Mentha x piperita* f. *citrata*)



**Season:** Spring

Perennial

**Sun Exposure:** Full sun

**Size:** 1–2 ft tall

**Blooms:** In late summer—pale purple, pink, and white flowers

**Maintenance Category:** Low

**Highlights:** Characteristic square stems. Can be grown in containers or in the ground, but it is a vigorous spreader so containers are often preferred. Attracts butterflies and other pollinators.

**How to Use:** Culinary—for teas and other beverages, summer salads, including with fruit, jelly/jams