

**Botanical name:**  
**Genus: Mentha**  
**Species: viridis**

**Common Name(s):** Mint, Pudina  
(Local name in India)  
**Latin Family Name:**  
Lamiaceae  
**English Family Name:**  
Lamia

The species and its subspecies have many synonyms, including *Mentha crispata*, *Mentha crispata*, *Mentha spicata*

**The plant**

**Origin; country or region:** Native to Europe and Asia

**Growth habit:** A hardy perennial herbaceous plant

**Flower description:** The flowers are white to purple in color

**Blooming period/availability:** Perennial

**Leaf/Foliage Description:** Leaf colors range from dark green and gray-green to purple, blue, and sometimes pale yellow

**Usage :** Mints are a favourite kitchen herb known for its fresh and spicy scent

**STRENGTHS/OPPORTUNITIES:**

The mint plant is very easy to grow

Mint is usually not affected by pests or diseases

**WEAKNESS:**

Aggressive and a wide-spreading plant, can take over space

(Growing mint in containers is recommended to keep it contained from spreading rampantly to other areas of your garden)



**TRIVIA:** Fragrant and deliciously cooling, mint is a popular beverage and kitchen herb  
It's also widely used in candies, teas, and toiletries – as well as aromatherapy and herbal remedies

**Care & Handling**

**Longevity:** 10 years plus

**Water requirements:** Water your mint during dry spells to keep the soil lightly moist

Maintaining lightly moist but not soggy soil is the ideal environment for mint

**Light:** Mint grows well in full sun in coastal areas or in semi shade in hot and dry areas

**Soil/Nutrition requirements:** Mint fares best in a damp, moist area with well draining soil, but also in a spot that's in either full sun or part shade

The plant favors fertile soil enriched with compost

Good organic fertilizer will produce lots of leaves and a happy looking plant

