

Botanical name:
Genus: Mentha
Species: viridis

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

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

Long lasting

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: 5-10 years

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

