



PEPPERMINT

Mentha x piperita (MÉN-thah BY pip-er-EE-tah)

PERENNIAL | LAMIACEAE FAMILY

ZONES: 5-9

EXPOSURE: PARTIAL SHADE

MATURE HEIGHT: 12-36" | SPREAD 12-24"

BLOOM: PINK/PURPLE | SUMMER



Medicinal



Culinary



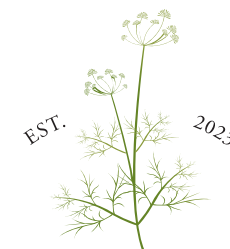
Aroma



Container



Indoor



HERB & VINE

— healing plants —

Peppermint is a hybrid, a cross between wintermint and spearmint, grown as a culinary or medicinal herb. It spreads by rhizomes making an aggressive ground cover. Its scent is one of the strongest triggers of memory.

- Culinary: use flowers and leaves fresh or dried in tea and other drinks, jellies, syrups, candies, and ice cream
- Therapeutic*: has been used for ages to relieve headaches, muscle cramps and chronic indigestion. Its essential oil, menthol, is useful in lotions, mouthwashes, soaps and candies. Its keyword is "cooling".
- Inhaling peppermint oil can enhance memory and alertness, yet improve sleep quality.

Caution: pregnant women should avoid therapeutic use.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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