

## Description

**Mint Wild**  
**Mentha Sativa**  
**Family: Lamiaceae**

## Growing Tips

Mint wild is a perennial herbaceous rhizomatous plant that has square-edged fibrous stems growing up to 60cm tall. It produces very fragrant oval, dark green leaves reaching up to 4-9cm long, slightly hairy with serrated edges, strong venation and a bit wider than Common Mint. Small white to pale-purple flowers form towards the tip of the stem in spaced whorls. The botanical name of Mint Wild is also sometimes given to spearmint.

## Parts Used

It likes part sun or shade and somewhere airy with fertile moist soil. The main way to propagate this plant is through the new shoots from the creeping rhizomes. For best results plant 45cm apart and preferably in a pot to prevent spreading.

## Uses

Leaves and flowering tops.

The fresh leaves are used in mint sauce, vinegars, added to fruit jellies, ice creams, chocolate desserts and drinks. They contain the nutrients vitamin C, pro-vitamin A, phosphorus, iron, potassium and calcium. This mint is used to make up the traditional Moroccan Tea which consists of Chinese green tea, mint and sugar and is poured in a ceremonial way through a thin spout out of a handcrafted silver pot.

The medicinal use of Mint is due to its volatile oil menthol and derivatives and is used for its freshening flavour in toothpaste, chewing gum and hair care. As a tea it aids digestion, freshens breath and helps cope with summer heat and hot flushes as it is cooling.

New research has shown it to be effective in treating Irritable Bowel Syndrome, to protect during radiation therapy and to improve recall. Inhalation of the essential oil has also proven to help in weight loss as it reduces the calorie intake.

## Origin & History

Mint is indigenous to Europe and has been naturalised throughout the world with many different varieties.

In Greek mythology it was called the herb of hospitality. Leaves were strewn over loam floors to dispel the earthy smell in rooms and replace it with the fresh mint flavour.

Its medicinal qualities are recorded since prehistoric archaeological times.

