GREEN HAVEN
GARDEN CENTRE
PLANT FINDER LISTING

#5 South Sunnyside Rd.
P.O. Box 124
Lethbridge, Alberta T1J 3Y3

www.greenhavengarden.ca Info@greenhavengarden.ca (403) 327-6172

Peppermint

Mentha x piperita

Height: 24 inches

Spread: 24 inches

Sunlight: ○ ◐

Hardiness Zone: (annual)

Other Names: Mentha aquatica x spicata

Description:

A vigorous mint producing bright green, aromatic, lance shaped leaves; pink to lavender flowers rise above in a mid summer show of color; great container plant and it is suggested that planting within a pot in the ground will curtail invasiveness

Edible Qualities

Peppermint is an annual herb that is commonly grown for its edible qualities, although it does have ornamental merits as well. The fragrant pointy green leaves can be harvested at any time in the season. The leaves have a minty taste.

The leaves are most often used in the following ways:

- Fresh Eating
- Cooking
- Seasoning
- Tea



Peppermint foliage
Photo courtesy of NetPS Plant Finder



Peppermint
Photo courtesy of NetPS Plant Finder

#5 South Sunnyside Rd.
P.O. Box 124
Lethbridge, Alberta T1J 3Y3
www.greenhavengarden.ca Info@greenhavengarden.ca (403) 327-6172

Planting & Growing

Peppermint will grow to be about 24 inches tall at maturity, with a spread of 24 inches. Its foliage tends to remain dense right to the ground, not requiring facer plants in front. Although it's not a true annual, this fast-growing plant can be expected to behave as an annual in our climate if left outdoors over the winter, usually needing replacement the following year. As such, gardeners should take into consideration that it will perform differently than it would in its native habitat.

This plant is quite ornamental as well as edible, and is as much at home in a landscape or flower garden as it is in a designated herb garden. It does best in full sun to partial shade. It does best in average to evenly moist conditions, but will not tolerate standing water. It is not particular as to soil type or pH. It is highly tolerant of urban pollution and will even thrive in inner city environments. This particular variety is an interspecific hybrid. It can be propagated by division; however, as a cultivated variety, be aware that it may be subject to certain restrictions or prohibitions on propagation.

Peppermint is a good choice for the edible garden, but it is also well-suited for use in outdoor pots and containers. Because of its spreading habit of growth, it is ideally suited for use as a 'spiller' in the 'spiller-thriller-filler' container combination; plant it near the edges where it can spill gracefully over the pot. It is even sizeable enough that it can be grown alone in a suitable container. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.