



HERB BLURB

Mint comes in all flavors. It is perhaps the largest group of herbs we grow on purpose, with literally hundreds of types, or flavors. Mint is pleasing to look at in the herb garden, or as companion plants to other perennials in larger flower beds. They are valued plants because of their foliage, both in aroma and flavor, not their flowers.

Many mint plants will quickly outgrow their space in the garden, so make such you have them in a confined area that they can thrive in. Most mints are perennial and quite hardy in our long, hot summers. They most likely prefer morning sun and afternoon shade, with ample moisture provided.

Raised beds with soils that are fairly high in organic matter (like from the compost) are a preferred medium, but mint can grow in other soil conditions given the chance.

Fresh mint leaves from the garden are most commonly used for flavor in teas (hot and cold), flavoring fresh fruit compotes, roasting and baking meats and potatoes, and as aromatherapy in humidifiers and baths. Some mints can be used as balms to sooth irritated skin. Dried, they make a wonderful addition to potpourri or stuck in dried flower arrangements for added aroma.

Some of the more popular varieties include, peppermint, spearmint, lemon mint, apple mint, cinnamon mint, chocolate mint and dozens of others. Come to Mike's and shop for a new mint for your garden. We have over 30 varieties and more coming!