

Country Garden

Greenhouse

English Mint - *Mentha spicata* cv.



English Mint is staple of the home garden, offering ease of cultivation, versatile flavouring for the cook, and home remedies for everything from hiccups to upset stomach. A vigorous and undemanding garden dweller, mint will quickly make itself at home in sun or part shade given moist, well-drained soil. A lush, compact plant that does well in pots, English mint is a sweet, spearmint type rather than a peppermint. As a companion plant, English mint does well with cabbage and tomatoes. Versatile and lending its flavouring to many dishes, including the classic springtime favourite lamb with mint. Less invasive than other mints, and less susceptible to mint rust disease. English mint pairs its good garden manners with culinary and medicinal usefulness. If one had to choose one mint for the home garden, this is the one to have Perennial (hardy in zones 4-9)