

Apple Mint

Country Garden



Apple Mint is both less invasive than other mint plants and has a sweeter flavor. The soft gray-green leaves of Apple Mint have a wonderful fruity scent - an apple-menthol fragrance that is delightful.

This mint plant likes full sun, and will spread quickly. Even though it is less invasive, it is still a mint and you need to keep it under control. It has a delicate purple bloom and makes a wonderful tea as well as being a fruity alternative to other culinary mints. It is also used medicinally to ease the sting of a bee.