

PEPPERMINT

MENTHA X PIPERITA

WHILE PEPPERMINT LEAVES ARE AVAILABLE THROUGHOUT THE YEAR, THEY ARE ESPECIALLY GOOD IN WARM WEATHER WHEN THEY CAN GIVE A BURST OF COOL FLAVOR TO A SUMMERY SALAD OR BEVERAGE. USED FOR THE PERENNIAL FAVORITE, PEPPERMINT-TEA, A SPRIG OF PEPPERMINT IS ALSO DELICIOUS IN FRUIT SALADS OR WITH CUCUMBERS. USED TO SOOTHE STOMACHE ACHES FOR HUNDREDS OF YEARS. GROW IN A POT TO CONTAIN ITS SPREAD AND KEEP CLOSE AT HAND FOR ITS REFRESHING FLAVOR AND AROMA.



ZONES 2-9

SUN TO PART SHADE