



Do you like to eat? Do you like fresh food? Are you trying to learn a healthier lifestyle? Plant a pretty, fragrant, delicious plant!

Mint

Jazz up your drink, or decorate a dessert. Freshen your breath by grabbing a sprig and chewing it. Mint is one of the most commonly used and enjoyed herbs, and one of the easiest to grow.

Size: 2-3 ft. tall and spreads by runners, so best kept in a container; but easy to keep trimmed back as you use it!

Exposure: Full sun, can take a little shade.

How to Plant: Not picky about soil or sun, but grows best with a regular drink. Hot sun will keep it burned back. If it dies back in winter, it will return the next spring, even fuller and larger.

Pruning: Trim back stems and harvest leaves at anytime. If you frequently chop off a stem here and there your plant will grow fuller.

Water needs: watering initially, but can take dry spells.

Soil: Not picky and grows most anywhere.

Snapshot: A super easy and very practical herb, Mint (*Mentha*) is delicious, and using it keeps it cut to any size you want it to stay. It is pest resistant, and attracts Butterflies, Hummingbirds, and Honey Bees, and is extremely easy to grow.

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