



Full to Partial Sun ☀️🌑  
Average Water 💧💧

SEDAN FLORAL GROWN SAFE™

GINGER MINT

Mint is an accent herb used for its culinary, medicinal, and aromatic properties. Ginger Mint comes from a cross between corn mint and spearmint and has the strong smell of the latter. It is a perennial herb growing to a height of 1-2' and producing small bright green variegated leaves with gold mottled stripes having the taste of mint and ginger. It likes rich moist soil in the sun to partial shade. Ginger Mint produces small, pale purple flowers which bloom along the main stem rather than at the end of the stalk like other mints. Like all mints, ginger mint can get out of control so try growing it either in a pot or a container sunk into the ground to prevent the roots spreading too far. All mints perform best when they are harvested or cut back at regular intervals. Remove old woody plants to allow newer, younger plants to fill in.

Where to Plant

- Border or Bed
- Container
- Focal Point
- Fragrant
- Great Foliage
- Ground Cover
- Mass Planting

Complimentary Foods

- |                    |             |                  |
|--------------------|-------------|------------------|
| Beans              | Ices        | Pilafs           |
| Carrots            | Ice Creams  | Pork             |
| Chocolate          | Lamb        | Potatoes         |
| Cream sauce        | Lemon Sauce | Rice             |
| Duck               | Lentils     | Salsas           |
| Eggplant           | Mushrooms   | Tomatoes         |
| Fish soups & stews | Oranges     | Vegetable salads |
| Fruit salads       | Peas        | Vegetables       |
| Goat               | Peppers     | Yogurt dressings |

Cuisine

- Caribbean
- Greek
- Thai
- Vietnamese

Flavor Pals

- Basil
- Chocolate
- Cilantro
- Garlic
- Parsley



A fresh and healthy way to better living™