



Full Sun ☀

Moist Water 💧💧💧

SEDAN FLORAL GROWN SAFE™

APPLE MINT

Mint is an accent herb used for its culinary, medicinal, and aromatic properties. Apple Mint (sometimes called woolly mint) is an upright perennial plant that is most commonly grown as a culinary herb. It is a wonderful ground cover as well. It typically grows to 15-39" tall. The leaves are light green; they are somewhat hairy on top and downy underneath with serrated edges. Apple Mint flowers in mid to late summer with light purple-pink flowers.

Where to Plant

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

Complimentary Foods

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|--------------------|-------------|------------------|
| 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™