



Full Sun ☀

Moist Water 💧💧💧

SEDAN FLORAL GROWN SAFE™

SPEARMINT

Mint is an accent herb used for its culinary, medicinal, and aromatic properties. Spearmint, like other mints, is a perennial herb that is wonderful for cooking or as a garnish. This 4-6" tall herb should be harvested as soon as you see it bloom as it is most flavorful when fresh. Spearmint spreads vigorously through its roots so growing in containers is recommended. Use its flavorful leaves with veggies or try it in a delicious Mint Julep.

Where to Plant

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