



Full Sun ☀

Average Water 💧💧

SEDAN FLORAL GROWN SAFE™

PEPPERMINT

Mint is an accent herb used for its culinary, medicinal, and aromatic properties. It is a perennial plant growing to 12–35" tall. The leaves are dark green with reddish veins, and have coarsely toothed margins. Peppermint has a small purple flower. Flowering is from mid to late summer. The leaves and flower are the usable parts of the plant. It has a strong and sweet taste with a tangy cool aftertaste. You should add it near the end of cooking for a better flavor.

Where to Plant

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

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

- Thai
- Greek
- Caribbean
- Vietnamese

Flavor Pals

- Basil
- Chocolate
- Cilantro
- Garlic
- Parsley



A fresh and healthy way to better living™