



MINT SPEARMINT

Mentha Spicata

12-18" Spacing • 18-24" Height
Perennial • Full sun • Zone 3-7

- Sweet scented, medium green with pointed wrinkly leaves
- Known as the best mint for cooking
- Young leaves are often used in jellies and drinks
- Mint is great for your digestive system
- Best used in mint sauces, fruit salads, punches, teas, lamb and bath oils

