

Mint

Mentha spp.

Mint is an excellent herb for beginning gardeners. It's very easy to grow, attracts pollinators and does well in Florida. Of the actual *Mentha spp.* there are 19 or so distinct species and many crosses. Two of the most popular are peppermint (*Mentha piperita*) and spearmint (*Mentha spicata*) but other mints exist as well, such as apple mint, English mint, orange mint and even chocolate mint. While it is one of the easiest herbs to grow, its strength is also its downside; it grows rapidly, sending out runners everywhere and can become weedy if left unchecked. TO AVOID HAVING THE REST OF YOUR GARDEN OVERRUN WITH MINT, PLANT IT IN CONTAINERS. **Mint can be poisonous in large quantities. It can be a problem for cats, dogs and horses.**

Type: perennial herb

USDA hardiness zones: 2 through 10

Uses: culinary; container or above-ground planter

Origin: not native to North America

Height: 12 to 24 inches **Spread:** 12 to 24 inches

Plant spacing: 12 to 36 inches

Light requirement: full sun to part shade

Soil tolerances: acid to alkaline; clay; sand; loam

Drought tolerance: good

Soil salt tolerances: moderate

Invasive potential: moderate

Pest resistance: no serious pests or disease

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Photo: UF/ IFAS