



## Online Plants NT Growing Sheet

### Mint-Mentha spp.

Due to the poor nature of the soil here in Darwin, we recommend you plant your herbs and veggies in a raised garden bed. Add organic well composted mulch and an organic fertiliser. Your herbs and veggies will need to be watered at least once a day. Most herbs and veggies will take morning sunlight but cannot cope with the afternoon sun as it's much hotter. With this in mind filtered light is usually best for your herbs and veggies during the afternoon time.

Mint thrives here in the Darwin during the wet and dry. If allowed mint will just keep on growing and act like a ground cover clambering over and along garden beds.

If planting seedlings ensure they are sun harden first. Mint also doesn't like competition with other plants hence it does very well in pots and containers/

- *Chocolate Mint (Mentha piperita)*

*If you love the taste of crisp mint and rich chocolate, you'll love this chocolate mint. Chocolate mint stands out from the crowd due to its purple stem and indulgent cocoa scent and taste. Chocolate mint can be used fresh or dried and makes a great addition to teas, baked goods, fresh fruit salads and of course in ice cream!*

- *Pineapple mint (Mentha suaveolens variegata)*

*A great variation of apple mint and has a fruity scent and lovely appearance. The mint's green and cream colored leaves look creased and can be dried or used fresh and added to teas and baked goods also tastes great eaten raw or in salads.*

- *Spearmint (menthe spicata)*

*Great eaten raw as an instant breath freshener! Great for adding flavour when cooking with potatoes, carrots and peas! Adds instant aroma to sorbets, cold drinks and ice creams! Commonly thought to be used to treat nausea.*

- *Ginger mint (Mentha gentilis)*

*Easy to grow mint has a spearmint like scent, leaves veined yellowish tastes great and adds flavour to variety of dishes including fresh fruit salads and teas.*

- *Garden Mint (Mentha sp.)*

Most popular mint, goes great eaten raw, in fruit salads and adds a refreshing taste to any jug of cold water, just what you need on those hot Darwin days.

*All Online Plants NT Herbs and veggies are grown locally and pesticide free*