

Mentha Piperita, Peppermint - Plant



Peppermint is referred to as "the world's oldest medicine." Peppermint leaf offers many amazing health benefits.

Rating: Not Rated Yet

Price

Sales price 199

Discount

Item will be shipped by 3 - 5 days

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Description

Description for Mentha Piperita, Peppermint

Peppermint (*Mentha piperita*) is a hardy perennial herb that is a hybrid of watermint and spearmint. It's native to Europe, but can be found all across the world. With a long history of therapeutic use for a variety of ailments that extends back to ancient Egypt, peppermint is referred to as "the world's oldest medicine."

Common name	Flower colours	Bloom time	Height	Difficulty
Mentha piperata, Mentha piperita, Mentha balsamea Willd.	dark green	July to August	1.00 to 2.00 feet	easy to grow

Planting and care

Mint is so universally loved, that one can find this plant growing wild in almost every country of the planet where civilisation has thrived. Mint has been used in food dishes, baths, herbal balms and nervine tonics for hundreds of years.

Sunlight	Soil	Water	Temperature	Fertilizer
Full sun to part shade	well-drained soil	Medium to wet	43°C	Apply any organic fertilizer

Caring for Mentha Piperita

This plant needs lots of water and it is often found naturalized by streams and ponds where the soil is rich and the drainage is good.

Typical uses of Mentha Piperita

Special features: Menthol activates cold-sensitive TRPM8 receptors in the skin and mucosal tissues, and is the primary source of the cooling sensation that follows the topical application of peppermint oil.

Culinary use: Fresh or dried peppermint leaves are often used alone or with other herbs in herbal teas. Peppermint is used for flavouring ice cream, confectionery, chewing gum, and toothpaste.

Ornamental use: The plant is used for ornamental purpose.

Medicinal use: Peppermint oil may also act as a carminative, cholagogue, antibacterial, and secretolytic, and it has a cooling action. Externally, peppermint oil has been used for muscle pain, nerve pain and relief from itching.

References

- https://en.wikipedia.org/wiki/Peppermint#Culinary_and_other_uses
- <https://www.globalhealingcenter.com/natural-health/health-benefits-peppermint-leaf/>

Reviews

Sunday, 03 September 2017

Tried my self 90% germination rate.Go for it

Moumita Dey

Friday, 01 September 2017

?Is it real plant or artificial ???

Shyamali Basu

Wednesday, 30 August 2017

Simply love the plant....healthy n beautiful!!....Thankyou for the free gifts!!

Riya Srivastava

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