

Peppermint - Seeds - buy 1 get 1 free



Peppermint it is the herb seeds.Mentha(Botanical).1 packet contains 30 seeds of Peppermint - Seeds.

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Description

Description for Peppermint

Peppermint (*Mentha* ~~Ã~~— *piperita*, also known as *M. balsamea* Willd) is a hybrid mint, a cross between watermint and spearmint. The plant, indigenous to Europe, is now widespread in cultivation throughout all regions of the world. It is found wild occasionally with its parent species.

Mint is a perennial with very fragrant, toothed leaves and tiny purple, pink, or white flowers. It has a fruity, aromatic taste. If mint is the perfect place to begin when learning to grow an herb garden, why then are there don ts about growing the plant?

Mint is not just easy to grow, but its roots, which are called "runners," are incredibly invasive: they quickly grow, sprouting new leaves and new plants as they go. Peppermint has a long tradition of medicinal use, with archaeological evidence placing its use at least as far back as ten thousand years ago.

Peppermint has a high menthol content, and is often used in tea and for flavouring ice cream, confectionery, chewing gum, and toothpaste.

| Common name | Flower colours | Bloom time | Height | Difficulty |
|---------------------------------|-----------------|------------|-----------------|------------|
| Peppermint Mentha(Botanical) | greenish purple | - | 12 to 18 inches | Easy |

Planting and care

Mints are vigorous perennials that thrive in light soil with good drainage. Ideally, they prefer a moist but well-drained site, something like their native habitat along stream banks.

Most will tolerate some shade, and the variegated types may require some protection from direct sun.

For growing outdoors, plant one or two purchased plants (or one or two cuttings from a friend) about 2 feet apart in moist soil.

One or two plants will easily cover the ground. Mint should grow to be 1 or 2 feet tall. For best growth in confined areas such as containers, topdress plants with a thin layer of compost or organic fertilizer every few months.

Aboveground pots will need winter protection in cold climates.

| Sunlight | Soil | Water | Temperature | Fertilizer |
|--------------------------------------|---|---|--|-----------------------------|
| Thrives best in full or partial sun. | Does best in rich, drained soil that is high in loam. In the ground, select a damp area in your garden in either full sun or part shade. Mint prefers fertile soil with a pH from 6.0 to 7.0. Mint is plenty vigorous on its own, but will appreciate a little fertilizer every few weeks, especially if you harvest a lot. | Keep the soil moist and mulch around the plant to keep its roots moist. Add water-retaining polymer to the potting soil to be sure that it stays moist. | For germination 60-80 F For growth Cool | Use any organic fertilizer. |

Caring for Peppermint

- Minimal care is needed for mint. For outdoor plants, use a light mulch. This will help keep the soil moist and keep the leaves clean.
- For indoor plants, be sure to water them regularly to keep the soil evenly moist.
- Do When choosing a location for your mint, find one where the plant will receive morning sun and partial afternoon shade. Plant on a patio, in a container. When planting the herb in a flower bed, first submerge a container (either a pot, a mesh bag or edging to at least 5 inches deep), leaving the rim above ground level when potted, so the mint's fast-growing root system will be contained. Otherwise, the herb will take over your garden and lawn in an annoying weed-like fashion. Harvest mint sprigs before the plant flowers. To extend the harvesting season, pinch off the flowering buds as they appear. If planting your mint in a garden bed, apply mulch to help keep it from spreading. Locate mint plants fifteen inches apart, and thin them regularly. If planting your mint indoors, locate your container where it will receive good morning light but where it will also be away from drying heating elements. Don't
- Don't Plant mint in an open bed without first submerging a vessel that will contain the herb's wild-growing roots. If planting mint in a bed using a submerged pot, be sure it's not cracked. The "runners" will find their way out and continue to spread.
- Plant the herb in super moist conditions where it won't dry out.

Harvesting

Frequent harvesting is the key to keeping mint plants at their best. Young leaves have more flavor than old ones, and mint can be harvested as soon as it comes up in spring. Although fresh is best and sprigs keep for a few days in water, mint leaves can be frozen or air-dried in bunches. Right before flowering, cut the stems 1 inch from the ground. You can harvest one mint plant two or three times in one growing season. You can also just pick the leaves as you need them. You can grow the plants indoors for fresh leaves throughout the winter. If you want to dry them, it's best to cut the leaves right before flowering. Store the dried leaves in an airtight container.

Typical uses of Peppermint

Special features: Peppermint is a perennial with very fragrant, toothed leaves and tiny purple, pink, or white flowers. It has a fruity, aromatic taste.

Culinary use: Peppermint is used as flavoring in chewing gums, chocolate, cakes, soft drinks etc. Peppermint oil has medicinal values. Dried peppermint leaves can be used in sauces and salads. Chopped mint leaves make excellent garnish. Sprigs of peppermint make good garnish for drinks.

Medicinal use:

To relieve a tension headache, apply a compress of mint leaves to your forehead.

Peppermint oil has a wide usage base. It is used for dental care as it is a powerful antiseptic.

It treats bad breath and is useful for treating toothaches.

It is also a good bronchodilator, helping to relieve nasal congestion, cold and cough.

It provides relief from stress and mental exhaustion.

It is also a good immunity-booster, blood circulator and cooling hair-tonic for dandruff and lice.

Add a drop of peppermint to a glass of cold water to curb appetite, freshen breath, and boost energy; Make a peppermint foot scrub to cool achy feet

References

<http://www.almanac.com/plant/mint>

