

Bowles Apple Mint

Mentha suaveolens



It is a strongly fragrant plant with nearly round wrinkles leaves and pinkish – lilac flowers.

This plant is perennial and belongs to the lamaceae family.

More information at:

https://www.amu.bio/_bowles_apple_mint

Cultivation

The various species of mint are temperate or mild climate plants, which withstand very low temperatures.

It can be grown in sunny places or in partial shade with strong light.

The recommended space between plants is 30 to 40cm between plants.

History

Mints came from the Mediterranean region, where it grows spontaneously, however it is planted all over the world.

It was already used by Romans to perfume their baths and it is believed that they introduced it to Europe.

Utilization

It is used in infusions, juices, cocktails, liqueurs and desserts.



In medicinal terms, this plant has tonic, digestive and antispetic properties.