

# Chocolate mint

*Mentha x piperita Chocolate*



Mentha x piperita chocolate arise from the cross between Mentha aquatica and Mentha spicata.

It's commonly called chocolate mint.

The plants of the genus mentha, intersect easily, giving rise to several hybrid plants, such as chocolate mint

More info: [http://www.amu.bio/\\_chocolate\\_mint](http://www.amu.bio/_chocolate_mint)

## Cultivation

It is spread trough rizhomes taken from grown plants that can be planted directly in soil or in pots.

They like temperate climate and support very low temperatures.

The cultivation area must be well protected from the wind, with sun or partial shade, preferably in a soil rich in organic matter and moist.

Most mentha species are invasive and can spread over a wide area, one of the ways to restrict their growth is plant them in pots and flowerbeds.

## History

There are many species of mint and Mentha, mint is originary from the Mediterranean region.

It was widely used by the Romans in perfumes and baths, it is believed that it was through them that she was introduced in Europe.

According to the ancients, know them all was as difficult as count the sparks coming out of the Mount Etna volcano.

The Mint Chocolate arise from the cross between *Mentha aquatica* and *Mentha spicata*.

### **Utilization**

The common features of all varieties of *Mentha* is that they help to repel mosquitoes, flies, ants, mice and other small rodents. Therefore, it is excellent to plant near chicken coops or certain flowers like roses and petunias.

It can also be used in cooking and flavor for biscuits, pies, cakes, ice creams and as well in beauty products.

Therapeutic properties and indications: anti-inflammatory, anti-viral, strengthens the immune system, prevent respiratory disorders, allergies and eczemas, aid in the digestion, headaches and stomach and increases bone strength.