

Hart's pennyroyal

Mentha cervina



Also known as rosemary-of-river, mint crisp, mint of the fields, etc.

It is a Lamiaceae and is distributed throughout the Iberian Peninsula, North Africa and Southern France.

The flowers appear between June and September, are white and attract insects.

Its smell is similar to other mints, what distinguishes this one from other mints are their finest and small leaves.

More info: https://www.amu.bio/_harts_pennyroyal

Cultivation

Resistant to frost, prefers soils rich in organic matter, moist, exposed to the sun, though can adapt perfectly to shadow.

Need good irrigation in summer.

Propagation can be done by sowing in the spring, however can be propagated by cuttings or root division, at any time of year.

It's always present in these species, the possibility of genetic variability effects when sowing, since all *Mentha* give rise to hybrid plants easily.

History

This is distributed by the Iberian peninsula in the south of France and North Africa, in places near running water.

It was widely used by freshwater fishermen, who used it in various stews.

Currently, almost does not exist in the Portuguese gastronomy and is often confused with pennyroyal.

Utilization

Used as a condiment especially in stews and as a tea to treat colds, coughs and bronchitis.

Usually in the interior regions, some taverns and typical restaurants, serving fish fried with Hart's pennyroyal sauce. It is also used for the same purpose in Alentejo.

Still with regard to cooking, it can accompany salads, soups, sauces and cheeses.

This is used whole, fresh or dried, in the preparation of infusions and as a digestive, have a strong aroma similar to that of pennyroyal.

It is advisable to use in poultry houses, dog kennels or cereal storage areas, in order to keep the rodents away, it acts as a repellent.

Its medicinal properties are still little known but is thought to have antioxidant properties, antiseptic, antipyretic and carminative.