

Peppermint

Mentha Peperita



The peppermint is a hybrid mint by the crossing between *Mentha aquatica* and *Mentha spicata*.

Herbaceous and perennial plant of lamiaceae family that can reach 30-100 cm.

There are several species of mint (over 25), the most popular, *Mentha spicata* and *mentha piperita*. The difference between the species is in the leaves form, stalks, color, odor and flavor.

More info:

https://www.amu.bio/_peppermint

Cultivation

The various mint species like temperate climate and support very lows temperatures but not the complete freezing soil.

It is recommended that the cultivation area is well protected from the wind.

With regards to sun exposure, mint can be grown in sunny places or in partial shade.

In partial shade it is easier to keep the soil moist and a cool environment, especially in regions with warmer weather.

The soil should be fertile and rich in organic matter, and can never be leave to dry during the growth cycle of plants.

The cultivation is usually performed through division roots, which can be planted directly in a definitive place or in pots, seedlings are then transplanted when they reach about 10 to

15 cm. Proper spacing between the plants is 30 to 40 cm.

Propagation by sowing is possible but not recommended (unless you want to intentionally produce hybrid plants), because these plants are crossed easily and phenotypic variability is great even among plants of the same species, so it is very difficult to ensure that plants originating from seeds have the same kind of characteristics of the mother plant. Not all mints have seeds.

Most of mint species are invasive and can spread very quickly.

In gardens at home, it is more convenient to cultivate mint in vases and flowerbeds, to control more easily their growth and prevent spreading and invading the space of other plants.

History

With origin in Europe, Africa and Asia, its cultivation is spread throughout the world.

There are two mythological versions for the origin of this plant:

- Pluto was in love with a very beautiful goddess named Minthe - and decided to turn her into a mint to escape to his wife's anger, Persephone.
- The other legend says that Zeus and Hermes walked disguised in earth when they were invited by a humble couple for dinner. At the table, hosts spread mint leaves as a sign of gratitude. In exchange for this beautiful gesture, the gods turned the hovel in a large and full palace, which made the plant a symbol of friendship, love and hospitality.

Widely used by many people over the years, as Egyptians, Greeks, Romans, Jews and Americans. In most cases, the mint was used in decoration banquets and dinner tables, and as tea.

The ancients Athenians rubbed the peppermint leaves in their arms to enhance disease resistance.

Utilization

Its medicinal purposes are many: the treatment of fever, headaches and digestive problems, carminative, cholagogue, antispasmodic, diaphoretic, refreshing, tonic and vasodilator.

The infusion is used in the treatment of sensitive / irritable bowel syndrome and other

digestive problems.

Externally, the lotion is applied to the skin to relieve pain and reduce sensitivity. When diluted, it can be used as inhaler and dispersed in the body to relieve and treat respiratory infections. Its leaves are still used to treat digestive disorders due to its spasmolytic action on the smooth muscle (choleric and carminative effect).

The essential oil is suitable for internal use in the treatment of gastrointestinal cramps in irritable bowel situation, catarrh of respiratory tract and inflammation of the oral mucosa, for external application is used to myalgias and neuralgias.

In cooking, it is often used in soups and chocolate desserts.