

# Pineapple mint

*Mentha suaveolens variegata*



Perennial plant and resistant, grows to about 40 to 60 cm.

Its leaves are interesting, not being totally green as the other mints, the edges are dotted with white and cream tones.

The flowers appear in summer and are tubular, white or pink.

More info:

[https://www.amu.bio/\\_pineapple\\_mint](https://www.amu.bio/_pineapple_mint)

## Cultivation

Like any mint, it should be planted in full sun or partial shade and the soil should be always moist.

You must be aware of where you plant it because it is extremely invasive plant. The ideal is to have it in a pot or planter.

## History

The mints are mostly native from southern and eastern Europe, but some have origin in more distant locations.

This one have origin in Europe and the Western Mediterranean.

They are widely used since the end of the century. XVII.



### **Utilization**

The leaves have a delicious fruit perfume and pineapple aroma. They are great for flavoring fruit salads, sauces, desserts, ice creams, teas, cocktails and liqueurs.