

Spearmint

Mentha spicata, Mentha sativa



Also known as spearmint, , spear mint, mentha spicata or simply mint.

Herbaceous perennial plant of the Lamiaceae family, which can reach 30-100 cm.

There are several varieties of mint, the best known being the *Mentha spicata* and *Mentha piperita*. The difference between the species is in the format of the leaves, stalks, coloring, odor and taste.

More information: https://www.amu.bio/_spearmint

Cultivation

Adapts to clay and acids but not too dry soils.

It is recommended that the cultivation area is well protected from the wind, because it can harm plants.

With regard 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 get 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 flowerbeds, seedlings are then transplanted when they reach about 10 to 15 cm.

Propagation by seed is possible but not recommended (unless you want to produce hybrid plants), it is very difficult to ensure that the plants originated from seeds have the kind of characteristics of the mother plant.

Moreover, not all mints seed.

Most mint species are invasive.

Planting should be kept under control by pruning the plants to prevent these from spreading out of the area for their planting. In home gardens, it is more convenient to cultivate mint in vases to better control their growth.

History

Often used by several people over the years, as Egyptians, Greeks, Romans, Jews and Americans.

In most cases, the mint was used in decoration banquet and dinner tables, and consumed in tea form.

Its origin is related to mythology.

Utilization

In cooking, its fresh leaves are used in salads, soups, such as chicken seasoning, red meat or fish, in flavored water with fruit juice and tea.

One of its most popular uses is as a medicinal plant: stomach stimulant, carminative. Used in digestive disorders, flatulence, employed in palpitations and nervous tremors, vomiting, uterine, catarrh facilitating expectoration, etc.

You can also use it as a repellent plant in small plague attacks by 'whitefly' (small white insect that lodges in the underside of the leaves, releasing a sticky liquid).