

Water mint

Mentha aquatica



Perennial plant with flowering from July to October.

Aroma and characteristic mint flavor, identical to bergamot, fresh and spicy.

Known by multiple names: citrata, lemongrass, water mint, river mint, mint crisp, etc.

More info:

https://www.amu.bio/_water_mint

Cultivation

Prefer not very dry and clay soils, sun exposure (although it grows also in semi-shade), can grow in water up to 15cm deep and has a tendency to hybridize with other members of their gender.

Propagation can be done by sowing (seeds ripen in September and October), have a rapid germination. It can also spread by root division at any time of the year, however, preferably in the spring or fall.

It is important to know that this plant can become invasive.

History

It is native from Europe, North Africa and Western Asia, it was introduced in the North to South America, Australia and some islands in the Atlantic.

In Medieval Era, this plant was cooked in vinegar to treat dandruff.

Its infusion was often used to treat bad breath and to relieve sore throat.

Utilization

Have digestive and stimulant properties and is great for infusions.

Additionally, are assigned to this plant the following medicinal properties: analgesic, antiseptic, antispasmodic, astringent, carminative, cholagogue, diaphoretic, emetic, refreshing, stimulating, tonic and vasodilator.

The infusion is traditionally used in the treatment of fever, headache and digestive problems.

Relieves bad breath, sore throats and treat ulcers.

The essential oil of the leaves is antiseptic, but must be careful with the higher dose due to its toxicity.

In cooking, the leaves are eaten raw or cooked to flavor salads and meals.

It is possible also, through its leaves, perfume baths.