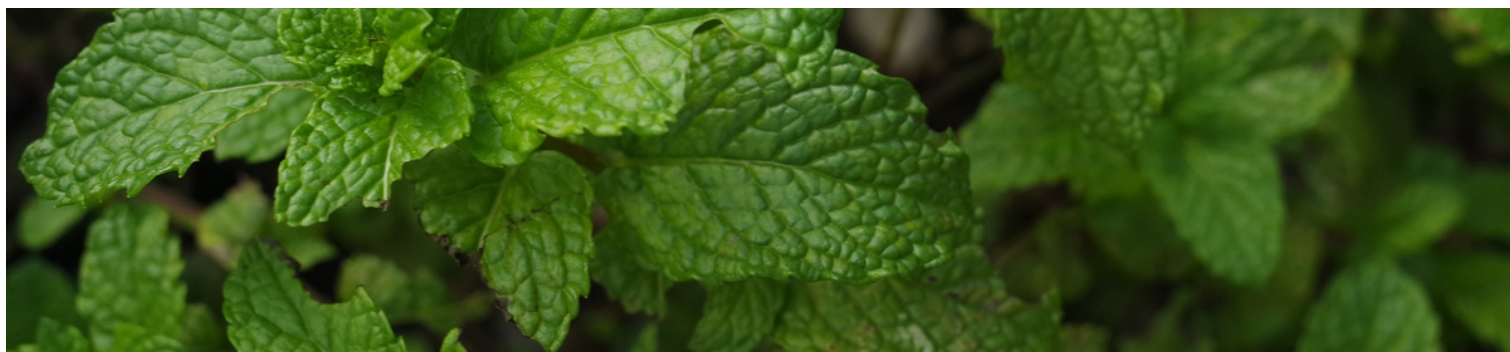


Growing Mints



Early spring, from September to October is the ideal time to grow the mint family. These are a fabulous variety for the beginner herbalist and gardener as they are ready to harvest in just 8 weeks and practically grow themselves. True to herbal medicine style, they like to spread and grow in abundance, so if you don't want them to spread and take over your whole garden, perhaps plant them in a container or pot. By the end of Summer your lush green mints will likely fade away and become dormant. However you won't need to replant next season, simply wait until it warms up and your mints will revive and sprout again. It is incredibly hardy and the strong root system will sprout new shoots for you again. There are so many types of mints, each with distinct flavors, aroma and slightly differing herbal actions. We suggest not stopping at one variety, but planting a mint plot or box.

As a herbal medicine, mint leaves can be crushed and eaten raw (just one or two) to help aid indigestion, bloating, trapped wind and even relieve headaches, especially when you feel hot and irritated. The most famous mints in herbal medicine remedy kits are:

- Peppermint: A general digestive. Used for all kinds of tummy issues. Constipation, IBS, gas, bloating, overeating.
- Spearmint: Wonderful for hormonal acne associated with PCOS or high testosterone. Spearmint tea can be part of a treatment plan for many kinds of skin issues and as above for peppermint
- Lemonbalm: The wonderful gut/ stress herb. Anyone with anxiety or stress related gut issues needs lemonbalm in the garden.
- Pennyroyal: before eating or drinking regular doses of this herb it is best to consult a practitioner, as large doses can be toxic and considered unsafe in pregnancy. In low doses or as a herbal tea it can help with menstrual cramps, stomach ache and cold like symptoms.

Mints can be made into herbal teas, added to salads, made into pesto, used to jazz up cocktails and added to cold iced water for a unique and refreshing flavour on hot days. Happy spring and happy mint growing.