



## Mint

### [HB123-100 - Pennyroyal](#)

85 days. *Mentha pulegium*. Perennial. The plant produces excellent yields of aromatic mint flavored leaves used in a variety of remedies and used in making tea to ease headaches. It can be added to desserts drinks and dips. Perfect for seasoning dishes, garnishes, and culinary creations. The plant is said to repel flies, gnats, chiggers, ticks, and mosquitoes! For medical uses, it is used to relieve dizziness and vertigo and useful to help digestion, flatulence, and stomach problems. Homeowners also use it has to make permanent landscaping along walkways. An excellent choice for home gardens. United States Department of Agriculture, PI 197822.



### [HB78-100 - Peppermint](#)

85 days. *Mentha piperita*. Perennial. Open Pollinated. The plant produces very aromatic peppermint leaves that are used to make good tea. Excellent for treating indigestion. Oil from plant flavors candies and deserts.



### [HB68-100 - Spearmint](#)

85 days. *Mentha spicata*. Perennial. Open Pollinated. The plant produces good yields of spearmint. This sweet-smelling spearmint used in teas, jellies, desserts, and salads. Also used as a garnish on ice cream, iced drinks, and melons. A variety from the USA,

