



## Apple Mint

*Mentha suaveolens 'Apple'*

Height: 3 feet

Spread: 24 inches

Spacing: 16 inches

Sunlight:

Hardiness Zone: (annual)

### Description:

This culinary herb is also great as an ornamental plant; rounded, crinkled, green foliage; light pink to white flower appear in the summer months; great in containers and herb gardens; apple scented leaves are a great addition to fruit salads and drinks

### Edible Qualities

Apple Mint is an annual herb that is commonly grown for its edible qualities, although it does have ornamental merits as well. The fragrant pointy green leaves are usually harvested from late spring to early fall. The leaves have a minty taste and a pleasant fragrance.

The leaves are most often used in the following ways:

- Fresh Eating
- Cooking
- Seasoning
- Tea

### Planting & Growing

Apple Mint will grow to be about 3 feet tall at maturity, with a spread of 24 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 16 inches apart. Its foliage tends to remain dense right to the ground, not requiring facer plants in front. Although it's not a true annual, this fast-growing plant can be expected to behave as an annual in our climate if left outdoors over the winter, usually needing replacement the following year. As such, gardeners should take into consideration that it will perform differently than it would in its native habitat.



*Apple Mint foliage*  
Photo courtesy of NetPS Plant Finder



This plant is quite ornamental as well as edible, and is as much at home in a landscape or flower garden as it is in a designated herb garden. It does best in full sun to partial shade. It does best in average to evenly moist conditions, but will not tolerate standing water. This plant does not require much in the way of fertilizing once established. It is not particular as to soil type or pH. It is highly tolerant of urban pollution and will even thrive in inner city environments. This is a selected variety of a species not originally from North America. It can be propagated by division; however, as a cultivated variety, be aware that it may be subject to certain restrictions or prohibitions on propagation.

Apple Mint is a good choice for the edible garden, but it is also well-suited for use in outdoor pots and containers. With its upright habit of growth, it is best suited for use as a 'thriller' in the 'spiller-thriller-filler' container combination; plant it near the center of the pot, surrounded by smaller plants and those that spill over the edges. It is even sizeable enough that it can be grown alone in a suitable container. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.