

Water Mint



Water Mint

Mentha aquatica

Height: 3 feet

Spread: 3 feet

Sunlight:

Hardiness Zone: (annual)

Description:

This variety grows best in moist to wet soil, an excellent pondside planting; great container plant and it is suggested that planting within a pot in the ground will curtail invasiveness

Edible Qualities

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

The leaves are most often used in the following ways:

- Cooking
- Seasoning

Planting & Growing

Water Mint will grow to be about 3 feet tall at maturity, with a spread of 3 feet. 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.

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 prefers to grow in moist to wet soil, and will even tolerate some standing water. It is not particular as to soil type or pH. It is somewhat tolerant of urban pollution. This species is not originally from North America. It can be propagated by division.

Water Mint is a good choice for the edible garden, but it is also well-suited for use in outdoor pots and containers. Because of its spreading habit of growth, it is ideally suited for use as a 'spiller' in the 'spiller-thriller-filler' container combination; plant it near the edges where it can spill gracefully over the pot. 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.



Water Mint foliage
Photo courtesy of NetPS Plant Finder