

Cuban Mint



Cuban Mint

Mentha x villosa

Height: 3 feet

Spread: 18 inches

Sunlight: ○ ●

Hardiness Zone: (annual)

Other Names: Mojito Mint

Description:

This variety is grown primarily for its less pungent, sweet flavored foliage that is popular in drinks and as a food seasoning; a great container plant, and it is suggested that planting within a pot in the ground will curtail invasiveness

Edible Qualities

Cuban Mint is an annual herb that is typically grown for its edible qualities. The fragrant oval green leaves are usually harvested from late spring to early fall. The leaves have a minty taste.

The leaves are most often used in the following ways:

- Fresh Eating
- Cooking
- Seasoning
- Tea

Planting & Growing

Cuban Mint will grow to be about 30 inches tall at maturity, with a spread of 18 inches. 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 can be difficult to integrate into a landscape or flower garden, and is best grown 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. 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 particular variety is an interspecific hybrid. 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.



Cuban Mint flowers
Photo courtesy of NetPS Plant Finder

Wilson's Lifestyle Centre

303 Owen Manor
Saskatoon, SK, S7V 0P1
phone: 306-955-9580
www.wilsonslifestyle.ca

Cuban Mint

Cuban 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.