

# Did You Know?

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## Apple mint *Mentha suaveolens*

- Also known as woolly mint, this mint has fuzzy, soft, gray-green leaves
- *M. suaveolens* var. *suaveolens* is a variegated form known as pineapple mint
- Has a fruity, apple and minty fragrance and sweeter flavor than other mints
- Flowers appear in mid to late summer and are light purple to pink in color
- Grow in a large container in full sun for best flavor
- Hardy to zone 5
- Native to southern and western Europe, naturalized in northern and central Europe
- Cut down to the ground in late fall to get ready for fresh growth in the spring
- Attractive to bees and butterflies
- Historically used as a strewing herb—strewn on temple floors for the aroma generated by people walking on it; it was also thought to improve concentration and mental function and to deter pests
- Also has been found in monastery ruins, having been used to help the fatigue following epileptic fits
- Like other members of the mint family, teas have traditionally been made to address fevers, headaches, and digestive disorders
- Antiseptic properties are found in the essential oil
- Culinary uses include teas and other beverages, sauces, jellies, salads and salad dressings, though less often used as a garnish due to the fuzzy leaves