



# Mint

## Seed to Harvest Fact Sheet

Mint is a perennial crop. Mint family includes spearmint, peppermint, and over 600 other varieties. Mint is used widely for its scent and strong flavor. Mint is known for being a hearty herb that spreads quickly and easily, making it an extremely easy plant to grow successfully.



### Sunlight & Temperature

- Grows best with 6-8 hours of sunlight a day
- Can grow in full sun or partial shade
- Frost hardy to -20°F



### Direct Seed or Transplant

- If growing from seed, sow seeds 8-10 weeks before the last frost date in spring
- If transplanting, plant seedlings when the danger of frost has passed
- Mint can be propagated easily from a stem cutting and roots well in water; Can be transplanted into soil after roots are developed



### Watering

- Water regularly, but not excessively
- Mint is prone to root rot if watered too often, so moderate watering is recommended



### Common Pests & Control

- Mint Root Borer: Larvae feed on rhizomes of mint, leading to low yield and shorter productive expectancy
- Mint Moth: Caterpillars of this moth can be found feeding on mint, leading to curled leaves and fine webbing with tiny black pellets of excrement
- Both are not as detrimental as other pests and can often be tolerated by gardeners or handled by natural predators like birds.

[Photo](#) of mint moth caterpillar by David Short / [CC BY 2.0](#)



### Common Plant Viruses & Disease

- Mint Frost: Small white, raised spots that turn red/orange or brown under leaves
  - This can be addressed by making sure leaves are not wet, especially overnight; A drip irrigation system or watering early in the day prevents this from developing



### Maintenance

- Mint can be very invasive and spread quickly, so be sure to harvest and prune often or grow in a container if you do not want it to spread



## Harvest

- Harvest leaves throughout the growing season once the plant has reached 3-4 inches tall
- Younger leaves are often stronger in flavor
- Be sure to leave an inch of plant above the soil, to continue growing after being cut
- Mint can be dried and stored in an airtight container for up to a year



## Recipes

You can find yummy mint dishes on EatFresh.org!  
Some include:

- [Lemongrass Chicken Soup](#)
- [Pork and Shrimp Spring Rolls](#)
- [Tabouleh](#)



## Mint Fun Facts



- Chocolate mint is a real plant. This variety of peppermint has a chocolate scent and is often used in teas and cooking.
- Mint has been used throughout history. Ancient Romans and Greeks used mint in baths and perfumes, and it has even been found in Egyptian tombs dating as far back as 1000 BC.

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## Sources

- <https://eatfresh.org/discover-foods/herbs/>
- <https://ipm.ucanr.edu/agriculture/peppermint/mint-root-borer/>
- <https://www.rhs.org.uk/biodiversity/mint-moth>
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- [https://sacmg.ucanr.edu/Grow\\_Herbs/#Peppermint](https://sacmg.ucanr.edu/Grow_Herbs/#Peppermint)
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