

Mint

Mentha spp. · *Mint family*

DIFFICULTY Easy (can be invasive)
TYPE Herbaceous perennial
MATURITY Usable from 6–8 weeks



SUN
Part sun–shade



WATER
Regular, doesn't like drying out



SOIL PH
6.0–7.0



SPACING
Contain in a pot



DEPTH
as per pot

01 Contain the roots

Mint spreads aggressively by runners and will take over a garden bed. Grow it in a large buried pot or a dedicated contained area to keep it in check.



bushy perennial clump



or strike a cutting in a pot

02 Planting

METHOD	Plant a nursery seedling, or strike a cutting in water — mint roots very easily.
SOIL	Rich, moisture-retentive.
TIMING	Plant any time in mild weather; establishes quickly.

04 Problems

- **Rust** — orange spotting on leaves; remove affected stems, improve airflow.
- **Spreading out of bounds** — the main risk; keep roots contained.
- **Powdery mildew** — humid, crowded conditions; thin out growth.
- **Aphids** — occasional cluster on tips; hose off.

06 Companions & rotation

PLANT NEARBY

Cabbage

Tomato

AVOID NEARBY

Anywhere roots aren't contained

ROTATION NOTE

Not applicable — contained perennial.

03 Growing care

- Keep well watered — mint wilts fast if it dries out.
- Cut back hard periodically to keep growth fresh and bushy.
- Contain the roots in a pot, even if planted in the ground.
- Divide and repot every couple of years to keep it vigorous.

05 Harvest & storage

SIGNS	Usable once the plant is established, virtually year-round in mild climates.
METHOD	Snip stems as needed; regular picking keeps it bushy.
CURING	Air-dry or freeze in ice cube trays with water.
STORAGE	Fresh in the fridge about a week; dried, airtight for months.