Apple Mint

Mentha suaveolens 'Apple'



Apple Mint foliage
Photo courtesy of NetPS Plant Finder

Height: 3 feet

Spread: 24 inches

Spacing: 16 inches

Sunlight: ○ ◐

Hardiness Zone: 5b

Description:

This culinary herb is also great as an ornamental plant; rounded, crinkled, green foliage; light pink to white flower appear in the summer months; great in containers and herb gardens; apple scented leaves are a great addition to fruit salads and drinks

Edible Qualities

Apple Mint is a perennial herb that is typically grown for its edible qualities, although it does have ornamental merits as well. The fragrant pointy green leaves are usually harvested from late spring to early fall. The leaves have a minty taste and a pleasant fragrance.

The leaves are most often used in the following ways:

- Fresh Eating
- Cooking
- Seasoning
- Tea

Features & Attributes

Apple Mint features bold spikes of shell pink flowers with white overtones rising above the foliage from mid to late summer. Its attractive fragrant pointy leaves remain green in color throughout the season.

This is an herbaceous perennial herb with an upright spreading habit of growth. Its medium texture blends into the garden, but can always be balanced by a couple of finer or coarser plants for an effective composition. This is a high maintenance plant that will require regular care and upkeep, and should be cut back in late fall in preparation for winter. It is a good choice for attracting butterflies to your yard. Gardeners should be aware of the following characteristic(s) that may warrant special consideration;

- Invasive

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Aside from its primary use as an edible, Apple Mint is sutiable for the following landscape applications;

- Mass Planting
- General Garden Use
- Herb Gardens
- Container Planting

Planting & Growing

Apple Mint will grow to be about 3 feet tall at maturity, with a spread of 24 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 16 inches apart. Its foliage tends to remain dense right to the ground, not requiring facer plants in front. It grows at a fast rate, and under ideal conditions can be expected to live for approximately 10 years. As an herbaceous perennial, this plant will usually die back to the crown each winter, and will regrow from the base each spring. Be careful not to disturb the crown in late winter when it may not be readily seen!

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 does best in average to evenly moist conditions, but will not tolerate standing water. This plant does not require much in the way of fertilizing once established. 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 is a selected variety of a species not originally from North America. 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.

Apple 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.