

# Mint

*Mentha spp.*

Vigorous perennial herb with bright green aromatic leaves and small flower clusters



Distinctive for its cool, refreshing aroma and lively flavor

*Clarity - Healing - Protection*

Can be used in teas, oils, salves and ritual

*Mint is treasured for its invigorating scent and cleansing energy, uplifting the spirit while soothing the body and mind*



# Mint

## *Mentha spp.*

☀️ full sun to partial shade | 💧 moderate water | 🌿 moist, well-drained  
Spreads aggressively | 🌡️ Zones 3-9

### Fun Facts

In Greek myth, the nymph Minthe was transformed into mint, her sweet scent enduring forever

### Harvest/Storage Notes

Harvest leaves before flowering  
Dry loose bundles or keep fresh in water  
Freeze or dry leaves for teas, syrups and culinary use

### In the Kitchen

Use fresh in teas, lemonades and desserts  
Add to sauces, salads and marinades  
Infuse in honey, vinegar or oils for flavor and freshness

### Medicinal Uses

Traditionally used for digestion, nausea and headaches  
Used in teas, tinctures and steam inhalations  
Generally safe but avoid excessive use with acid reflux or during pregnancy

### Key Constituents

Essential oils (menthol, menthone), flavonoids, tannins, and phenolic acids

### Magical Properties

Planet: Mercury --- Element: Air  
Associated with purification, healing, protection and prosperity  
Used in cleansing baths, charm bags and rituals for renewal and abundance

Refreshes energy, clears the mind and helps relieve fatigue  
Can be used to ease digestion, headaches and respiratory discomfort

Add to teas to feel refreshed and chew to freshen breath

Burn as an incense to banish negativity or add to baths for renewal

Attracts pollinators but can spread quickly – grow in containers to contain its vigor and trim flowers before they go to seed