

Lemon Mint

Mentha x piperata citrata



Height: 30-40 cm (12 - 15in)

Suitable for: Moist soils in sun or shade. Tubs & containers.

Summary: A well flavoured mint with light green leaves and pale lilac whorls of flowers in summer. The whole plant has a delicious smell of lemon and lots of culinary uses in teas, puddings and drinks.

More information:

Lemon mint is a herbaceous perennial herb which, like most mints, dies down each winter and reshoots with fresh new growth in the spring. It spreads by runners and so needs to be planted with care in order that it does not swamp other smaller plants growing nearby. As it is a fine culinary herb it is an ideal subject for growing in a pot so that it can be kept near to the kitchen to be convenient for picking.

The dried leaves and lilac flower whorls make a fragrant addition to pot-pourri.

The whole plant has a fresh lemon and mint scent and the fresh leaves may be used to make refreshing teas and herb vinegar. They can also be added to salads, both savoury and fruit, and also summer drinks and cocktails.

Celebration pineapple and lemon punch

Serves 12 people.

This punch needs a bit of forward planning but is well worth the extra effort!

250 ml gin

150 ml cherry or orange liqueur

1 pineapple or 2 drained tins of slices in natural juice (not syrup)

6 cloves

30 lemon mint leaves (or more if they are a bit small)

1 bottle of chilled champagne or dry sparkling wine (depending on your budget)

To garnish:

Thin lemon slices and lemon mint sprigs, with flowers if in season

48 hours before your party pour the gin and chosen liqueur into your punch bowl. Peel, core and thinly slice the pineapple, then cut into neat thin triangles. Not too big or they won't fit into the glass! Bruise the mint leaves gently in a pestle and mortar and add these to the punch bowl along with the cloves. Stir and cover the bowl and leave until your guests are arriving.

Remove the cloves and mint leaves, add your champagne, and the lemon and mint garnish. Serve with a ladle into punch glasses or tumblers and wait for the compliments!