

Pineapple Mint

Mentha suaveolens 'Variegata'



Height: 30 - 60cm (1 - 2ft)

Suitable for: Rich moist soil in partial shade

Summary: This is a variegated form of apple mint, with pretty cream and green leaves and a sweet fruity scent and taste. Its attractive foliage makes it excellent for ornamental planting as well as for culinary use.

More information:

Like all variegated plants pineapple mint is not as vigorous as the green variety, apple mint, which can be quite invasive. As well as in the herb garden pineapple mint can be planted in mixed herb containers and also gives a pretty shade ground cover.

Like other fruity mints it is good added to salads, summer drinks, and fruit dishes. It has a sweet and fruity taste which makes it an interesting addition to home baking

Sweet Mint Scones

1 tsp butter

6 stems of [pineapple mint](#)

225 g plain flour

2 tsp baking powder

1 tsp bicarbonate of soda

pinch of salt

40 g vegetable fat

60 g caster sugar

1 large egg beaten with

4 tbs milk

Grease a large baking sheet with the butter and preheat the oven to very hot, Gas Mark 8, 450°F, 230°C.

Finely chop the mint leaves. Sift together the flour with the baking powder, bicarbonate and salt. Rub in the fat either by hand or in the food processor. Stir in the sugar and the mint. Using a fork, add enough of the egg and milk mixture to give a soft dough.

On a floured board or worktop roll the dough to about 2 cm thick and cut out the scones using a 50 cm cutter. The remnants of dough can be rerolled to make more scones.

Transfer to the prepared baking sheet and bake for 10 – 12 minutes until golden brown.

Cool and serve at once with butter and bramble jelly.