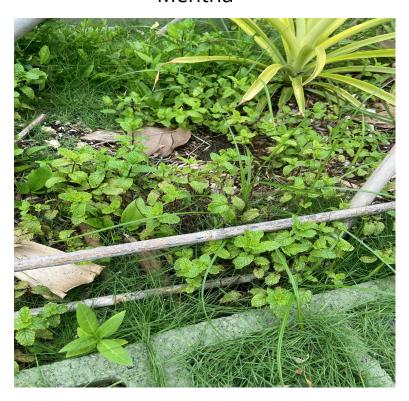
Mint Mentha



When to plant: year round

When to harvest: any time in year midway through growing season

Uses in medicine: used traditionally to treat abdominal pain, chest pain. Also used as soothing effect for headaches and skin irritation

Uses in cooking: Provides fresh, sweet flavor and is commonly used in teas, candies, oils, etc.