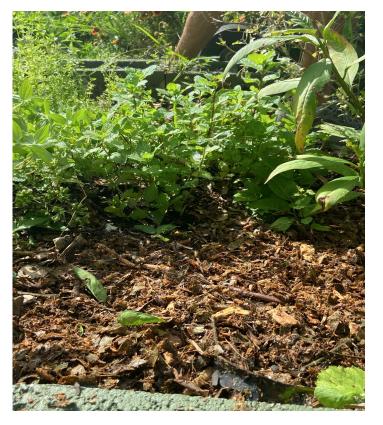
Spearmint

Mentha spicata



When to plant: Spring

When to harvest: Summer

Uses in medicine: Oil can be used to reduce fevers, digestive issues, nausea, headaches, etc. Also has antimicrobial properties

Uses in cooking: Sweet, minty flavor. Leaves can be consumed fresh or dried. Often infused with water to make tea or other drinks.