Banana Mint

Mentha arvensis 'Banana'



Banana Mint
Photo courtesy of NetPS Plant Finder

Height: 12 inches

Spread: 24 inches

Sunlight: ○ ◐

Hardiness Zone: 5

Description:

A vigorous, low growing mint producing bright green, banana scented leaves; lavender flowers rise above in a mid summer show of color; great container plant and it is suggested that planting within a pot in the ground will curtail invasiveness

Edible Qualities

Banana Mint is a perennial herb that is typically grown for its edible qualities, although it does have ornamental merits as well. The fragrant pointy green leaves can be harvested at any time in the season. The leaves have a pleasant taste.

The leaves are most often used in the following ways:

- Fresh Eating
- Eating When Cooked/Prepared
- Cooking
- Baking
- Tea

Features & Attributes

Banana Mint features bold spikes of lavender flowers rising above the foliage in mid summer. Its attractive fragrant pointy leaves remain green in color throughout the season.

This is an herbaceous perennial herb with a spreading, ground-hugging habit of growth. Its medium texture blends into the garden, but can always be balanced by a couple of finer or coarser plants for an effective composition. This is a high maintenance plant that will require regular care and upkeep, and should be cut back in late fall in preparation for winter. It is a good choice for attracting butterflies to your yard. Gardeners should be aware of the following characteristic(s) that may warrant special consideration;

- Invasive

Aside from its primary use as an edible, Banana Mint is sutiable for the following landscape applications;

- Mass Planting
- General Garden Use
- Groundcover
- Herb Gardens
- Container Planting

Planting & Growing

Banana Mint will grow to be about 12 inches tall at maturity, with a spread of 24 inches. Its foliage tends to remain dense right to the ground, not requiring facer plants in front. It grows at a fast rate, and under ideal conditions can be expected to live for approximately 10 years. As an herbaceous perennial, this plant will usually die back to the crown each winter, and will regrow from the base each spring. Be careful not to disturb the crown in late winter when it may not be readily seen!

This plant is quite ornamental as well as edible, and is as much at home in a landscape or flower garden as it is in a designated herb garden. It does best in full sun to partial shade. It does best in average to evenly moist conditions, but will not tolerate standing water. It may require supplemental watering during periods of drought or extended heat. It is not particular as to soil type or pH. It is highly tolerant of urban pollution and will even thrive in inner city environments. This is a selected variety of a species not originally from North America. It can be propagated by division; however, as a cultivated variety, be aware that it may be subject to certain restrictions or prohibitions on propagation.

Banana Mint is a good choice for the edible garden, but it is also well-suited for use in outdoor pots and containers. Because of its spreading habit of growth, it is ideally suited for use as a 'spiller' in the 'spiller-thriller-filler' container combination; plant it near the edges where it can spill gracefully over the pot. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.