# Lakeshore Garden Centres

## Mexican Mint

**4102 - 11th St. West**
**P.O. Box 2A RR3**
**Saskatoon, SK, S7K 3J6**
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### Mexican Mint

***Plectranthus amboinicus***

Height: 3 feet

Spread: 3 feet

Spacing: 24 inches

Sunlight:

Hardiness Zone: (annual)

Other Names: Cuban Oregano, Indian Borage, Spanish Thyme

**Description:**

Attractive spikes of lavender flowers massed above bushy, bright green foliage that is used as a culinary herb; drought tolerant once established; quite showy in the garden, massed as groundcover, or in containers; heat tolerant

**Edible Qualities**

Mexican Mint is an annual herb that is typically grown for its edible qualities. The fragrant pointy chartreuse leaves can be harvested at any time in the season. The leaves have a savory taste and a pleasant fragrance.

The leaves are most often used in the following ways:

- Fresh Eating
- Eating When Cooked/Prepared
- Drying
- Seasoning



*Mexican Mint*
*Photo courtesy of NetPS Plant Finder*



*Mexican Mint foliage*
*Photo courtesy of NetPS Plant Finder*

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**Planting & Growing**

Mexican Mint will grow to be about 3 feet tall at maturity, with a spread of 3 feet. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 24 inches apart. Its foliage tends to remain dense right to the ground, not requiring facer plants in front. Although it's not a true annual, this fast-growing plant can be expected to behave as an annual in our climate if left outdoors over the winter, usually needing replacement the following year. As such, gardeners should take into consideration that it will perform differently than it would in its native habitat.

This plant is typically grown in a designated herb garden. It does best in full sun to partial shade. It is very adaptable to both dry and moist growing conditions, but will not tolerate any standing water. It is considered to be drought-tolerant, and thus makes an ideal choice for a low-water garden or xeriscape application. This plant should not require much in the way of fertilizing once established, although it may appreciate a shot of general-purpose fertilizer from time to time early in the growing season. It is not particular as to soil type or pH. It is somewhat tolerant of urban pollution. This species is not originally from North America. It can be propagated by cuttings.

Mexican 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 height, it is often used as a 'thriller' in the 'spiller-thriller-filler' container combination; plant it near the center of the pot, surrounded by smaller plants and those that spill over the edges. It is even sizeable enough that it can be grown alone in a suitable container. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.