

Lakeshore Garden Centres

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Chewing Gum Mint



Chewing Gum Mint *Mentha 'Chewing Gum'*

Height: 24 inches

Spread: 24 inches

Sunlight:

Hardiness Zone: (annual)

Other Names: *Mentha x piperita*

Description:

An extraordinary mint with shiny, bright green leaves that have a chewing gum taste and smell; dried leaves can be used for tea; great container plant; spreads by underground rhizomes and is invasive unless contained

Edible Qualities

Chewing Gum Mint is an annual herb that is commonly grown for its edible qualities, although it does have ornamental merits as well. The fragrant oval forest green leaves which emerge light green in spring are usually harvested from late spring to late summer. The leaves have a minty taste.

The leaves are most often used in the following ways:

- Cooking
- Seasoning
- Tea

Planting & Growing

Chewing Gum Mint will grow to be about 24 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. 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.



Chewing Gum Mint foliage
Photo courtesy of NetPS Plant Finder

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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. 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 highly tolerant of urban pollution and will even thrive in inner city environments. This particular variety is an interspecific hybrid. 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.

Chewing Gum Mint is a good choice for the edible garden, but it is also well-suited for use in outdoor pots and containers. With its upright habit of growth, it is best suited for use 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.