



Wild Mint

Mentha canadensis (formerly *M. arvensis*)

Light:	Full Sun, Partial Sun
Soil:	Loam, Clay
Moisture:	Wet, Medium-Wet, Medium
Benefits:	Pollinators, Bees, Deer Resistant
Height:	2'
Blooms:	July, Aug, Sep
Zones:	3, 4, 5, 6, 7
Color:	White, Purple
Spacing:	1-2'
Root:	Rhizome



Our only native species of true mint, in the *Mentha* genus, Wild Mint is an aromatic perennial, and the strong scent will keep herbivores away. Spreading by rhizomes, this mint does well in rich moist to wet soils. In the perfect environment, it can become assertive, so plant it in containers to be able to include it in a home garden.

The blooms are long-lasting and rich with nectar; as a result, it is on the list of plants that are of special value to native bees published by the Xerces Society. As for its value to humans, the fragrant leaves have long been used to flavor teas, jellies, etc.

Both Photos:
<https://commons.wikimedia.org>