

Water mint

Mentha aquatica

Description

Historically used for medicinal and culinary purposes.

Habit

Herbaceous rhizomatous perennial plant growing up to 90 cm tall.

Leaves

Ovate to ovate-lanceolate, 2-6 cm long and 1-4 cm wide, green sometimes purpleish in color, opposite, toothed and can be hairy or hairless.

Stems

Square, green or purple in color and can be variably hairy to almost hairless.

Flowers

Tiny, densely crowded, purple or pink in color, tubular.

Fruits and Seeds

Habitat





Native to Eurasia, northwest Africa and southwest Asia. Can be found in shallow margins and channels of streams, rivers, pools, dykes, ditches, canals, wet meadows, marshes and fens.

Reproduction

Vegetatively by rhizomes.

Similar

Monitoring and Rapid Response

Biological control from *Chrysolina herbacea*, small populations can be controlled by handpulling. Can be effectively controlled using any of several readily available general use herbicides such as glyphosate.

Credits

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