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Mint

Today on Gardening in a Minute: mint.

Mint is a delicious and versatile herb that's super-easy to grow!

There are many kinds and flavors of mint. These include the more popular peppermint and spearmint, but also chocolate, lime, and even banana!

Mint leaves are small and pointed, with slightly notched edges. The small flowers are subtle shades of white, blue, or violet.

Many mints will grow profusely in Florida in either full or part sun. They prefer moist soils.

Mint spreads by surface or underground runners that may grow several feet from the parent plant. These plantlets can be removed and transplanted. Because mint spreads quickly, you may want to grow it in a pot.

Pluck the leaves and flowering tops to use either fresh or dried in your cooking or favorite beverage!

For more information about mint and many other gardening topics, contact your county Extension office or visit Gardening in a Minute dot com.

Gardening in a Minute is a production of the University of Florida's Center for Landscape Conservation and Ecology, IFAS Extension, and WUFT-FM.

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