

US EPA ARCHIVE DOCUMENT

# Mentha arvensis

## Wild Mint



Tiny white, pink, or lavender flowers clustered around the stem at the leaf axils. Very attractive to bees and butterflies. Typical of damp meadows and thickets. A tough plant that spreads vigorously and can take a good degree of foot traffic. Nice to have around for its strongly aromatic leaves - great for teas and cooking.

**Suggested companions:** swamp milkweed (*Asclepias incarnata*), golden ragwort (*Senecio aureus*), interrupted fern (*Osmunda claytonia*), blazing star (*Liatrix spicata*), swamp goldenrod (*Solidago patula*).

Photo Credit: © USDA, NRCS, 1995-Midwestern Wetland Flora. The PLANTS database (<http://plants.usda.gov/plants>). National Plant Data Center, Baton Rouge, LA 70874-4490 USA

Plant Type: Wildflower

Size: 2-3' H  
W

Water Tolerant: Somewhat

Habitat:

Wet Meadow  
Stream Borders  
Forested Wetland  
Swamp/ Bog  
Woodland Margin  
Shrubby Wetland

Soil: Average Garden Soil  
Rich Moist  
Very Damp/Wet  
Clay

Exposure: sun  
filtered

Flower Color:

White  
Pink

Plant in:

Groundcover: Yes

Bloom Time:

July  
August  
September

Other Attributes:

Butterfly attracting  
Deer resistant  
Edible leaves