

Mint



Uses	<p>Mint is widely used to flavour cooking. Mint is used in herbal remedies for its health benefits using it in teas, steam, salves and lotions. Its used to reduce stress, improve digestion, and sooth a sore throat.Reducing allergic symptoms, Soothing common cold symptoms, Improving digestive health, Boosting the immune system, Reducing stress,Soothe irritated skin are all benefits of using Mint.</p>
Warnings	<p>Mint which is generally safe in normal dosages such as in a cup of tea or in a salve, must not to be confused with Peppermint which can be dangerous when used incorrectly.</p>
Soil	<p>The best soil for a mint plant is a loamy, well-draining soil with a slightly acidic to neutral pH; ideally, it should be rich in organic matter and provide good aeration to prevent waterlogging</p>
Sun	<p>Mint plants thrive in partial sun, ideally receiving 4 to 6 hours of direct sunlight per day; they can tolerate some shade, especially in hot climates, but benefit from a good amount of light to produce optimal flavour and growth</p>
Temp.	<p>Most mint varieties thrive within a temperature range of 18-24°C</p>
Water	<p>keep the soil consistently moist, watering regularly enough to prevent the top inch from drying out, but avoiding overwatering and waterlogging</p>
Care Tips	<p>Plant them in a pot to contain their spread, or they will definitely take over your garden. Prune regularly to maintain health and shape.</p>

<h2>Pests</h2>	<p>Common pests of mint plants include aphids, mealybugs, spider mites, whiteflies, slugs, and fungus gnats, Best repelled organically with Neem oil spray, Lavender spray and beer traps.</p>
<h2>Disease</h2>	<p>Can be affected by mint rust, a fungal infection. Good soil and drainage prevents this but can use an apple vinegar solution or a baking soda solution to combat once it takes hold.</p>
<h2>Propogate</h2>	<p>Mint can be propogated from seed but is most often done with cuttings either in water or in soil. You can also pull up plants and divide them as they do spread very quickly.</p>
<h2>Harvest</h2>	<p>To harvest common mint, you can cut the top 10-20 cm of the plant with clean, sharp scissors or a knife. You can harvest mint at any time during the growing season, but the best time is in the morning before the dew evaporates.</p>
<h2>Store</h2>	<p>Mint can be hung to dry, and once dried can be stored in air tight containers for up to 2 yrs.</p>
<h2>Science</h2>	<p>https://pmc.ncbi.nlm.nih.gov/articles/PMC7923432/#:~:text=Among%20medicinal%20plants%2C%20mint%20(Mentha,low%20toxicity%20and%20high%20efficacy</p>