Mint
*Mentha sp.*

**How do I get started?**
Plants grown from seed may produce leaves with bland flavor.

**Where can I grow it?**
Mint will spread; keep it contained!

**How do I grow it?**
- Pinch off the flowers—the leaves will have better flavor!

**How long will it live?**
- Hardy perennial--lives outside all year round; leaves die in the winter, grows back in the spring

**How to enjoy**
- Culinary--use the leaves fresh in salads
- Fragrance--dry the leaves for tea or for potpourri

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