



Botanical name: *Mentha* spp
[including, wild mint (*Mentha arvensis*), peppermint (*Mentha piperita*), native spearmint (*Mentha spicata*), scotch spearmint (*Mentha gracilis*), and cornmint (*Mentha arvensis*), apple mint (*Mentha suaveolens*), horsemint (*Mentha longifolia*)]

Family: Lamiaceae or Mint family [basil, mint, rosemary, sage, savory, marjoram, oregano, hyssop, thyme, lavender, perilla]

Common name: Mint

More names: *yerba buena*, *menta* [Spanish], Poang-gurk [Aboriginal]

Parts of the plant used: leaves

When to harvest: leaves before and after the plant has flowered

Herbal actions:

diaphoretic, aromatic, carminative, digestive, calmative, mild alterative, anti-inflammatory, antispasmodic, antiemetic, nervine-stimulant + relaxant antimicrobial, antiviral, choleric, anti-allergenic, antioxidant, coolant, analgesic [internally + externally], rubefacient, febrifuge [spearmint]

Active constituents:

phenolic acids (caffeine, chlorogenic, rosmarinic acid), essential oil, menthol, menthone, menthyl acetate, fasmone, tannins (labiatic acid), flavonoids (glycosides of apigenin, diosmetin, luteolin)

Habitat + ecology:

The 25 species of mint are native to Eurasia, Middle East and southern Africa. This plant ancestor is widely spread and invasive in North America, Australia, the Galapagos Islands, and New Zealand, particularly in moist habitats, including stream sides and drainage ditches.

Planet: Venus

Element: Air

Energy: Cooling

Taste: Sweet, Bitter

Meridians/organ affected: Lungs, liver

Ethnobotany (People + the plant ancestor):

- Mint is an ancient friend of indigenous healing traditions that range Eurasia, Middle East and southern Africa. Some of the oldest written records of mint dates back to an ancient Greek myth: god Pluto was said to have affections for a nymph named Minthe. His jealous wife Persephone cast a spell on the nymph, transforming her into a plant. When Pluto could not reverse the spell, he gave her a sweet scent that would emanate throughout the garden. It is from 'Minthe' that *mentha* and *mint* are derived from.
- In the Indian, Middle Eastern, Turkish, Moroccan, and Egyptian cultures mint is woven into cultural cuisine, from spice mixes rubbed on lamb to chutneys and the yogurt-based sauce raita.
- Mint has spread + shared their spirit to Turtle Island native communities for centuries, it is believed that the seeds were brought long before the arrival of Europeans:
 - Ceremonial plant a part of Turtle Island and Mexica Sun dance ceremony
 - Supportive to kidney + liver complaints, fever reducing, strengthen the heart [Cherokee, Cheyenne]
 - A part of cold, cough + flu medicine
 - Wild mint is used topically to support with skin irritation + inflammation as well as a hair oil

Plant magick:

Medicinal uses:



- Helping us tune in to our inner truth
 - Boosts the power of the mind, offering clearing + opening the way for decision-making
 - Believe in our own power
 - Symbol of hospitality + peace
 - Capacity to bring peace to your home
 - Increasing money, success, prosperity, joy, fertility, purification, + love spells [Hoodoo]
 - Prosperity: allspice, parsley, verbena, basil, chamomile
 - Love: cinnamon, calendula, verbena, yarrow, ferns
 - Purification: clove, parsley, sage, angelica, basil
 - Leaves chewed + placed on body to improve love life [Cheyenne]
 - Add in breaking hexes + bad luck spells [Hoodoo]
- Form: spirit, dried leaves, spirit bath, facial steam, essential oils*
- Comrade to the digestive system
 - Supportive to digestive imbalances + soothing to stomach pains
 - Combats hiccups, gas, flatulence, flatulent dyspepsia, intestinal colic + irritable bowel syndrome
 - Stimulates the digestive system, including flow of bile
 - Their anaesthetic properties coat the intestinal tract offering relief from pain, nausea, motion sickness
 - Treats ulcers in the digestive tract
 - Aids in infant colic
 - Stimulates digestion
 - Comrade to the respiratory system
 - Common treatment for colds, flus, fevers + influenza
 - Treats chest pneumonia [externally] + other lung infections
 - As a febrifuge, supports the breaking of a fever, especially spearmint
 - Can use supportive to purge, bring about vomiting as a decoction of the roots + leaves to treat snake bites + a cure for poison [Iroquois]
 - Infusion of ground leaves + stems strengthen the heart muscles 2x/day [Cheyenne]
 - Calming to the nervous system, easing anxiety + tension
 - Externally
 - Supports inflammation and irritated skin + joints [arthritis] as an herbal wash + a poultice
 - Toothache remedy, chew the leaves and place on areas affected [Flathead]
 - Nosebleeds: insert fresh plant into the nostrils [Cree]

***Contraindications:** No side effects or drug interactions have been reported

Recipes + Comrades

Upper respiratory: mints, honey, garlic, usnea, oregano, thyme, garden sage, [dry] marshmallow, thyme

Headaches: feverfew, valerian, willow, ginger, hops, mullein, yarrow, lavender

Fevers [increases, then reduces]: mints, elderberry + elderflower, meadowsweet, willow

Digestive imbalances: marshmallow, thyme, oregano

Respiratory Facial Steam Inhalations

- Include peppermint, eucalyptus, bee balm

Preparation:

infusion, herbal tisane/tea, tincture, vinegar, oxymel, elixir, glycerin, honey, infused oil, essential oil, salve, poultice, compress, sitz bath

1-2 dropperfuls 3x a day for acute conditions



Food: mint sauce, mint water, rhubarb pie, desserts, mocktails

Photos of the plant ancestor:



Peppermint



Apple mint



Spearmint



Chocolate mint

