

Did You Know?



Pineapple Mint, *Mentha suaveolens* 'Variegata'

- Pineapple mint is a variegated cultivar of apple mint.
- The leaves have an attractive white or cream color variegation, often on the edge, giving the leaves a ruffled appearance. The variegation is variable so leaves have a range of variegation, including leaves that are all white.
- This mint has a distinctive sweet and fruity fragrance reminiscent of both pineapple and mint.
- Pineapple mint is a perennial in zones 5-9 and is best controlled in a container or hanging basket. It is attractive in container gardens, mixed with annuals or other herbs.
- Grow in sun to partial shade (especially in the south), moist soil and prune back regularly to encourage compact and bushy growth.
- Pineapple mint has the best flavor when used fresh, rather than dried or cooked.
- Culinary uses include infusing the leaves in oils and syrups, and beverages. It is used to make a fresh herb tea, flavor cocktails and jelly. It is a refreshing addition to lemonades.
- Pineapple mint can often be substituted for other mints in recipes like fruit salads and frozen desserts.
- Pineapple mint can be propagated by division as well as rhizome or stem cutting.
- The tubular flowers form on spikes and are white, pink or pale purple in the summer.
- In flower, this like other mints are attractive to bees, butterflies and other pollinators.

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