



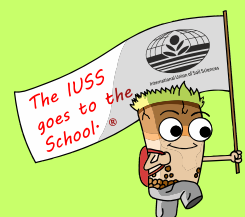
International Union of Soil Sciences

Peppermint (*Mentha spicata*)

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Peppermint (*Mentha spicata*)

I am the mint, I come from the Mediterranean region of Europe, but I am currently distributed in various parts of the world.



I am also called peppermint or spearmint. My scientific name is *Mentha spicata*.

I am not very demanding when it comes to growing in different soils. However, I prefer loamy sandy-clay soils with abundant organic matter and moist without excess water.

I am a creeping plant, and to grow, you need to take parts of one of my organs as cuttings or parts of my stem and place them in the soil to form new roots.



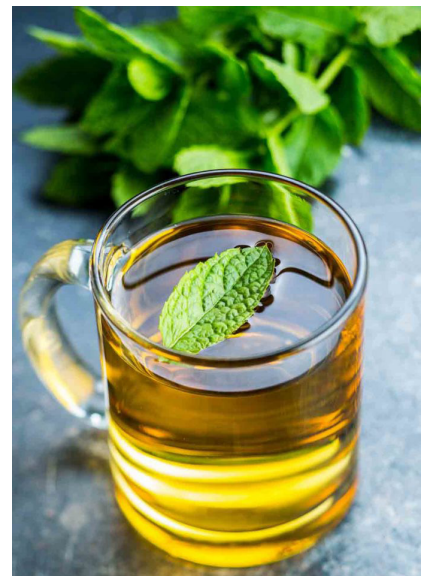
From those new roots that develop, a new plant identical to me will grow.



I very rarely produce flowers. I do not tolerate direct and constant exposure to the sun. And I need you to water me frequently but be

careful not to overwater.

Whenever you want to consume me as an aromatic in an infusion or as a condiment for salads, soups, meats, and pastries, you should only take some of my leaves. You can use them directly or let them dehydrate and save me them for latter use.



From my leaves, essential oils are extracted to make perfumes or essences for different uses.



I have properties that help reduce stomach pain, headache, nausea, and even fever.



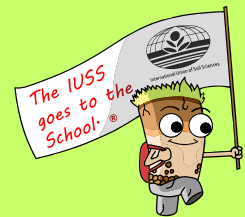
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