Strawberry Mint

Mentha piperata 'Strawberry'



Height: 50 cm

Suitable for: Sun or shade in moist soil

Summary: A fabulously fragrant mint with light green serrated leaves and lilac flowers. Think chocolate peppermint with fruity strawberry aromas. Use it in drinks and teas, it will add a lift of fresh mint taste to desserts and soft cheese, one to experiment with!

More information:

This is a very new mint, only available to us in the last few months, so still a bit on trial!

Like all mints it is perennial and spreads by runners, so plant where it cannot invade other plants, or give its large container of it's own.

It grows well in most situations - sun or shade, but needs good moist soil to grow well and produce lots of lush green foliage. It's strawberry scented leaves are topped by spires of lilac flowers in the summer which are very popular with bees.

The finely chopped leaves can be added to many fruity desserts and also soft cheeses to give a sweet/savoury lift of flavours.

Whole sprigs or chopped leaves make fabulous tea. Use 1 tablespoon per cup of chopped mint and either serve hot, or iced with a fresh sprig added after chilling.

Try strawberry mint in Pimms and other fruit punches for a delicious taste.

For a cooling summer drink which you can partly prepare in advance try our

Mint and strawberry lemonade

For the syrup which you can make the day before:

1 cup sugar
2 cups water
1 tbs lemon zest
20 strawberry mint leaves - roughly chopped

- Warm the sugar and water stirring until it just dissolves to make a syrup.
- Add the mint leaves and zest and remove quickly from the heat.
- Cool and pour into a jar or covered jug and leave to infuse overnight in the fridge.
- Strain before using, this syrup will keep for several days in the fridge.

For the lemonade:

500g strawberries
4 large lemons
3 cups chilled sparkling water

- Purée the strawberries and sieve out the seeds.
- Squeeze the lemons and add the juice to the strawberry purée.
- Put the fruit juice into a tall glass jug and stir in the mint syrup you prepared earlier.
- Top up with the sparkling water bit by bit to get the strength of flavour you prefer.
- Serve over ice with extra mint sprigs to garnish.