

HOW TO GROW MINT !

The mint family is vast and cross pollination is difficult to control, so many sources suggest that mint will not come true from seed. Our mint seeds are grown in isolation and bred with care in a greenhouse setting.

Timing

Sow indoors 8-10 weeks before last frost, or direct sow in April/May. Seeds should sprout in 10-16 days. Bottom heat will speed germination.

Starting

Sow seeds no more than 5mm (¼") deep in moist soil. Space plants 45-60cm (18-24") apart.

Growing

Mint spreads in the garden with gusto via a vigorous root system, so it may be preferable to confine it to planters on the balcony. Prune plants back hard in early summer to promote good top growth. Bring some inside to grow in a small container over winter if you have a brightly lit windowsill.

Harvest

Clip leaves or branches as needed throughout the year. Mint is so hardy and tough that it will grow right back. Dry the leaves and flowers for peppermint tea, or use them fresh. The flowers are edible and make salads and sweets come to life.

Companion Planting

Mint attracts earthworms, hoverflies and predatory wasps, and repels cabbage moths, aphids, and flea beetles. Mint is invasive, so it may be better to use cut mint as a mulch around Brassicas, or to restrain it in containers around the vegetable garden. Avoid planting near parsley.

Source:

www.westcoastseeds.com



As part of your garden this year, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank. Help us help all those in need.