



Mint Cuttings in Newspaper Pots

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Introduction:

Mint (*genus Mentha*) is an herb that can be propagated asexually by cutting. There are over 6,000 species in the mint family (*Lamiaceae*), that can all be identified by their distinct aroma, parallel leaves, and square stems.

To Propagate by Cutting:

- With sterile tools, choose a healthy stem.
- Cut just below the node on a 4-6" long stem.
- Remove the lower leaves with 1-2 sets of leaves remaining.
- Cuttings can root in water or soil.
- Optional: To speed up the process, use a rooting hormone powder.
- Keep soil moist.
- Roots should form in 1-2 weeks.

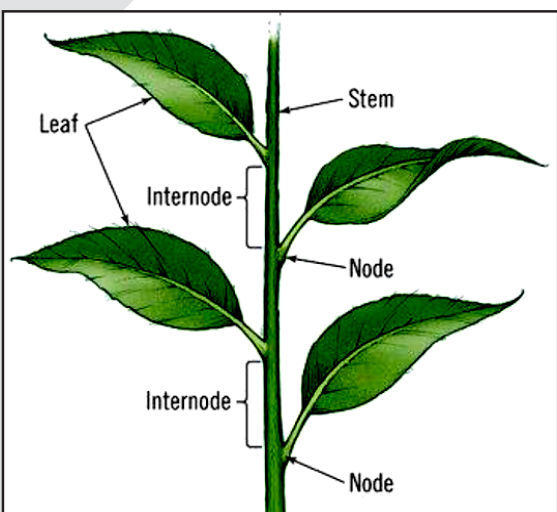
Care:

- Mint plants can live in FULL SUN – PARTIAL SHADE; but will thrive in afternoon shade during the summer (*East*).
- Moist, well-drained soil; native habitat of mint is along stream banks (*Mediterranean*).
- Hardy plant with little care.

Traditional Uses:

- Cooking, tea, baths, body scrubs, toothpaste/ mouthwash, medicinal.
- A few benefits of Spearmint (*Mentha spicata*):
 1. Aides in digestion
 2. Soothes sore throat
 3. Headaches
 4. Muscle Pain

Mint contains menthol, an aromatic compound with sweet and spicy flavors. Menthol triggers cold-sensitive receptors in the skin, resulting in a cooling sensation that feels super fresh.



The node is a thickened segment of a stem where new growth appears. New growth can be leaves, stems, or roots. (This diagram shows alternate leaves.)

