

Mint

Mentha spp. · Mint family

DIFFICULTY Easy (can be invasive)

TYPE Herbaceous perennial

MATURITY Usable from 6–8 weeks



SUN

Part sun–shade



WATER

Regular, doesn't like drying out



SOIL PH

6.0–7.0



SPACING

Contain in a pot



DEPTH

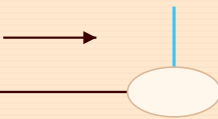
as per pot

01 Contain the roots

Mint spreads aggressively by runners and will take over a garden bed. Grow it in a large buried pot or a dedicated contained area to keep it in check.



bushy perennial clump



or strike a cutting in a pot

02 Planting

METHOD	Plant a nursery seedling, or strike a cutting in water — mint roots very easily.
SOIL	Rich, moisture-retentive.
TIMING	Plant any time in mild weather; establishes quickly.

Planting timing varies significantly by Australian climate zone. Set your zone above (or use the Find My Climate Zone tool) for guidance tailored to your own area.

04 Problems

- **Rust** — orange spotting on leaves; remove affected stems, improve airflow.
- **Spreading out of bounds** — the main risk; keep roots contained.
- **Powdery mildew** — humid, crowded conditions; thin out growth.
- **Aphids** — occasional cluster on tips; hose off.

06 Companions & rotation

PLANT NEARBY

Cabbage

Tomato

AVOID NEARBY

Anywhere roots aren't contained

ROTATION NOTE

Not applicable — contained perennial.

03 Growing care

- Keep well watered — mint wilts fast if it dries out.
- Cut back hard periodically to keep growth fresh and bushy.
- Contain the roots in a pot, even if planted in the ground.
- Divide and repot every couple of years to keep it vigorous.

05 Harvest & storage

SIGNS	Usable once the plant is established, virtually year-round in mild climates.
METHOD	Snip stems as needed; regular picking keeps it bushy.
CURING	Air-dry or freeze in ice cube trays with water.
STORAGE	Fresh in the fridge about a week; dried, airtight for months.
PRESERVING	See Dehydrating (drying woody herbs for storage) for ways to keep a harvest surplus.