



HERB  
BEES AND BUTTERFLIES  
EDIBLE FLOWERS  
EDIMENTALS  
MEDICINAL



# Moroccan mint

*Mentha spicata var. crispa 'Moroccan'*

**Beautiful, gentle spearmint from Morocco, used for making Moroccan tea**

**PLANT TYPE** Herb

**PLANT HABIT** Perennial

**USES** Culinary, Pollinators, Ornamental

## DESCRIPTION

Beautiful spearmint used for making Moroccan tea (green tea, Moroccan mint and sugar) and mojito drinks. Produces lilc coloured flowers in the summer that are enjoyed by pollinators.

Also known as Naanaa (Nana) is the unique spearmint of Morocco with edible leaves and flowers. Key ingredient in Moroccan tea, Made of green tea mixed with Moroccan mint and sugar. Like all mints has the potential to spread and be invasive to other areas of a garden. Grows well in a pot with a water tray under it. Re-pot every three years. Like all mints, should be keep moist for optimised happiness.

Likes moist sheltered positions with partial shade.

**RECOMMENDED LOCATION** Pot, Kitchen garden, Forest garden, Wildlife garden, Ornamental garden

**ASPECT** Moist partial shade, Moist full sun

**HEIGHT** 0.3-0.6m

**SPREAD** 0.3m-Mint infinity

**HARDINESS** Very hardy

**PREFERRED SOIL PH** Wide range of soils

## MANAGEMENT AND CARE

Best grown in a pot. Seems to prefer partial shade and rich moist soil.

## ORIGIN/HISTORY

Moroccan mint tea is also known as Maghrebi mint tea (Maghrebi), Tunisian mint tea, or Algerian mint tea.

Traditionally, the tea is served three times. The amount of time it has been steeping gives each of the glasses of tea a unique flavour, described in this famous Maghrebi proverb:

The first glass is as gentle as life,  
the second is as strong as love,  
the third is as bitter as death.