



# Korean Mint

*Agastache rugosa*

Aromatic herb in the mint family. Leaves are edible and have an aniseed flavour.

PLANT TYPE Herb

PLANT HABIT Perennial

USES Culinary, Medicinal, Pollinators, Ornamental

## DESCRIPTION

Korean mint is an aromatic herb in the mint family. Leaves are edible and have an aniseed flavour. Beautiful purple flower spikes makes this an edimental and a favourite of pollinators. Used extensively in Chinese medicine, and it is particularly used as a cure for hangovers. Young leaves can be consumed raw or cooked. Strong anise-like fragrance, they are normally used as a flavouring or as an addition to the salad bowl, and makes a pleasant tea. Useful in desserts and drinks.

Low maintenance, and drought tolerant. Likes full sun and well drained soil.  
Great plant for cut flowers and cottage style gardens.

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

ASPECT Full sun

HEIGHT 120cm

SPREAD 60cm

HARDINESS Short lived perennial

## MANAGEMENT AND CARE

Dead heading will encourage additional flowers. *Agastache rugosa* is found growing in grassy places in mountains, especially by streams, and in valleys. Does best in dry, well-drained soil high in organic matter.

## ORIGIN/HISTORY

The plant is native to moist grasslands, valleys and stream banks in East Asia - China, Japan, Korea, Russian Primorye, Taiwan, India, and Vietnam.

Commonly used in Chinese herbalism, where it is considered to be one of the 50 fundamental herbs. It was traditionally used to relieve nausea, vomiting and poor appetite.