



GROWING KOREAN MINT

A herbaceous perennial with spires of lilac and purple flowers that are hugely attractive to wildlife, particularly hoverflies and bumblebees. Korean Mint is one of the core 50 herbs of Chinese medicine and steeped as a tea it makes a delicious minty liquorice flavour.

Seed Sowing

Sow Korean Mint seeds 6mm deep in a prepared seedbed in April/May, thinning to 25cm spacing once established. Alternatively sow indoors in modules from February. Cover with a very thin layer of vermiculite or soil. Allow up to 3 weeks for germination.

Transplanting

Once germinated, prick out and pot on into individual pots. Transplant your seedlings into their final growing position in May when the risk of frost has passed. They are also suitable for container growing but make sure your pot is at least 4 inches deep.

Plant Care

Keep the area weed-free and consistently watered, especially during hot spells. Korean Mint prefers free draining soil so take care not to overwater. You can mulch around the plants to keep moisture and weeds at bay.

Pinching out the main growing point will encourage the plant to branch. Stems may need support, especially in windy growing conditions.

It is a herbaceous perennial and is dormant over the winter months. Once established the plants will expand gradually in a clump, which can be divided every few years.

Challenges

Korean mint is generally pest and disease-free.

Harvest

Harvest regularly as the more flowers you pick, the more that will be produced. Ideally harvest the flowers in the morning when temperatures are low and plant water content is high. Plants will arrange better if left to sit in water for a few hours after cutting.

If drying for culinary or medicinal purposes, harvest the flowers once opened and lay out on a flat, dry surface out of sunlight for a week or two. Store in a sealed container somewhere dark.

Culinary Ideas And Uses

Korean Mint has many fantastic medicinal properties and is a great addition to a home apothecary. It's best known for its anti-bacterial benefits and power in alleviating nausea and sickness. Best known as a tea, use 1 teaspoon per cup of fresh or dried flowers and steep in freshly boiled water for 5 minutes.

Korean Mint is also an excellent substitute for Tarragon in cooking.

Seed Saving

Wait for the flowers to dry on the plants and collect by hand. The seeds are very small so spread out on a tray in a cool, dark place to dry further. You can then use your hands on a screen to rub the seeds loose. Store in a cool dark place.