

*Mentha arvensis*

[Synonyms : *Mentha agrestis*, *Mentha agrestis* var. *subrotunda*, *Mentha albae-carolinae*, *Mentha albertii*, *Mentha allionii*, *Mentha angustifolia*, *Mentha anomala*, *Mentha approximata*, *Mentha arenaria*, *Mentha arguta*, *Mentha argutissima*, *Mentha argutissima* var. *recedens*, *Mentha argutissima* var. *subpilosa*, *Mentha arvensihirsuta*, *Mentha arvensis* forma *adrophylloides*, *Mentha arvensis* subsp. *agrestis*, *Mentha arvensis* forma *albensis*, *Mentha arvensis* var. *allionii*, *Mentha arvensis* forma *alverniensis*, *Mentha arvensis* forma *ambleodonta*, *Mentha arvensis* var. *angustifolia*, *Mentha arvensis* var. *approximata*, *Mentha arvensis* var. *araiodonta*, *Mentha arvensis* var. *argutissima*, *Mentha arvensis* var. *arvensis*, *Mentha arvensis* subsp. *austriaca*, *Mentha arvensis* var. *axioprepa*, *Mentha arvensis* var. *badensis*, *Mentha arvensis* var. *beckeriana*, *Mentha arvensis* subsp. *borealis*, *Mentha arvensis* forma *borsodensis*, *Mentha arvensis* forma *bracteoligera*, *Mentha arvensis* var. *campeomischos*, *Mentha arvensis* forma *campicola*, *Mentha arvensis* forma *campylocormos*, *Mentha arvensis* var. *canadensis*, *Mentha arvensis* forma *confertidens*, *Mentha arvensis* var. *crispa*, *Mentha arvensis* var. *cryptodonta*, *Mentha arvensis* var. *cuneifolia*, *Mentha arvensis* forma *cuneisecta*, *Mentha arvensis* var. *cyrtodonta*, *Mentha arvensis* var. *deflexa*, *Mentha arvensis* var. *diaphana*, *Mentha arvensis* var. *diffusa*, *Mentha arvensis* var. *distans*, *Mentha arvensis* forma *divaricata*, *Mentha arvensis* forma *divergens*, *Mentha arvensis* forma *dolichophylla*, *Mentha arvensis* var. *domita*, *Mentha arvensis* var. *dubia*, *Mentha arvensis* var. *duftschmidii*, *Mentha arvensis* forma *durolleana*, *Mentha arvensis* var. *foliicoma*, *Mentha arvensis* subsp. *fontana*, *Mentha arvensis* forma *gallica*, *Mentha arvensis* forma *garonnensis*, *Mentha arvensis* var. *ginsiensis*, *Mentha arvensis* var. *glabrata*, *Mentha arvensis* var. *glabriuscula*, *Mentha arvensis* subsp. *haplocalyx*, *Mentha arvensis* var. *hillebrandtii*, *Mentha arvensis* forma *hirticalyx*, *Mentha arvensis* var. *hispidula*, *Mentha arvensis* forma *holubyana*, *Mentha arvensis* var. *hostii*, *Mentha arvensis* forma *hymenophylla*, *Mentha arvensis* var. *illecebrosa*, *Mentha arvensis* var. *lamprophyllus*, *Mentha arvensis* var. *lanata*, *Mentha arvensis* var. *lanceolata*, *Mentha arvensis* subsp. *lapponica*, *Mentha arvensis* forma *licaensis*, *Mentha arvensis* forma *losarvensis*, *Mentha arvensis* forma *lucorum*, *Mentha arvensis* forma *macrodonta*, *Mentha arvensis* var. *major*, *Mentha arvensis* var. *marrubiastrum*, *Mentha arvensis* var. *melanochroa*, *Mentha arvensis* var. *minor*, *Mentha arvensis* var. *multiflora*, *Mentha arvensis* forma *mutabilis*, *Mentha arvensis* forma *neesiana*, *Mentha arvensis* var. *nobilis*, *Mentha arvensis* forma *nummularia*, *Mentha arvensis* forma *obtusidentata*, *Mentha arvensis* var. *obtusifolia*, *Mentha arvensis* forma *ocymoides*, *Mentha arvensis* forma *olynthodos*, *Mentha arvensis* forma *pacheri*, *Mentha arvensis* forma *pacheriana*, *Mentha arvensis* var. *palitzensis*, *Mentha arvensis* forma *palustris*, *Mentha arvensis* subsp. *parietariifolia*, *Mentha arvensis* var. *parviflora*, *Mentha arvensis* var. *pascuorum*, *Mentha arvensis* forma *pastoritia*, *Mentha arvensis* var. *pegaia*, *Mentha arvensis* forma *plagensis*, *Mentha arvensis* var. *praeclara*, *Mentha arvensis* var. *praecox*, *Mentha arvensis* var. *procumbens*, *Mentha arvensis* forma *pseudoagrestis*, *Mentha arvensis* forma *pulegiformis*, *Mentha arvensis* var. *radicans*, *Mentha arvensis* forma *regularis*, *Mentha arvensis* var. *riparia*, *Mentha arvensis* var. *sabranskyi*, *Mentha arvensis* forma *salebrosa*, *Mentha arvensis* var.

*salicetorum*, *Mentha arvensis* forma *savensis*, *Mentha arvensis* forma *serpentina*, *Mentha arvensis* forma *setigera*, *Mentha arvensis* var. *silvicola*, *Mentha arvensis* var. *simplex*, *Mentha arvensis* var. *slichoviensis*, *Mentha arvensis* forma *sphenophylla*, *Mentha arvensis* var. *stenodonta*, *Mentha arvensis* forma *styriaca*, *Mentha arvensis* forma *subarguta*, *Mentha arvensis* var. *subcordata*, *Mentha arvensis* forma *subrotunda*, *Mentha arvensis* forma *suecica*, *Mentha arvensis* subsp. *sylvatica*, *Mentha arvensis* forma *tenuifolia*, *Mentha arvensis* var. *varians*, *Mentha arvensis* forma *vicearvensis*, *Mentha arvensis* var. *villosa*, *Mentha arvicola*, *Mentha atrovirens*, *Mentha austriaca*, *Mentha austriaca* var. *salicetorum*, *Mentha badensis*, *Mentha baguetiana*, *Mentha barbata*, *Mentha bracteolata*, *Mentha campestris*, *Mentha campicola*, *Mentha canadensis*, *Mentha collina*, *Mentha cuneifolia*, *Mentha deflexa*, *Mentha densiflora*, *Mentha densifoliata*, *Mentha diffusa*, *Mentha dissitiflora*, *Mentha distans*, *Mentha divergens*, *Mentha duffourii*, *Mentha duftschmidii*, *Mentha ehrhartiana*, *Mentha flagellifera*, *Mentha flexuosa*, *Mentha florida*, *Mentha fochii*, *Mentha foliicoma*, *Mentha fontana*, *Mentha fontana* var. *brevibracteata*, *Mentha fontana* var. *conferta*, *Mentha fontqueri*, *Mentha fossicola*, *Mentha gallica*, *Mentha gentiliformis*, *Mentha gintlina*, *Mentha glabrior*, *Mentha gracilescens*, *Mentha graveolens*, *Mentha hakka*, *Mentha hillebrandtii*, *Mentha hostii*, *Mentha hostii* var. *arvina*, *Mentha jahniiana*, *Mentha joffrei*, *Mentha kitaibeliana*, *Mentha lamiifolia*, *Mentha lamprophyllus*, *Mentha lanceolata*, *Mentha lanceolata* var. *sublanata*, *Mentha lapponica*, *Mentha lata*, *Mentha lata* var. *agraria*, *Mentha latifolia*, *Mentha latissima*, *Mentha laxa*, *Mentha longibracteata*, *Mentha maculata*, *Mentha marrubiastrum*, *Mentha melissifolia*, *Mentha minor*, *Mentha moenchii*, *Mentha moldavica*, *Mentha mosana*, *Mentha multiflora*, *Mentha multiflora* var. *serpentina*, *Mentha mutabilis*, *Mentha neesiana*, *Mentha nemorum*, *Mentha nobilis*, *Mentha nummularia*, *Mentha obtusata*, *Mentha obtusodentata*, *Mentha ovata*, *Mentha palitzensis*, *Mentha palustris*, *Mentha palustris* var. *reflexifolia*, *Mentha parietariifolia*, *Mentha parietariifolia* var. *ginsiensis*, *Mentha parvifolia*, *Mentha parvula*, *Mentha pascuorum*, *Mentha pastoris*, *Mentha penardii*, *Mentha piersiana*, *Mentha pilosa*, *Mentha pilosella*, *Mentha plagensis*, *Mentha plicata*, *Mentha polymorpha*, *Mentha praeclara*, *Mentha praecox*, *Mentha praticola*, *Mentha procumbens*, *Mentha procumbens* var. *ehrhartiana*, *Mentha procumbens* var. *rigida*, *Mentha procumbens* var. *ruralis*, *Mentha procumbens* var. *salebrosa*, *Mentha procumbens* var. *segetalis*, *Mentha procumbens* var. *uliginosa*, *Mentha prostrata*, *Mentha pulchella*, *Mentha pulchella* var. *approximata*, *Mentha pulegiformis*, *Mentha rigida*, *Mentha rothii*, *Mentha rotundata*, *Mentha ruderalis*, *Mentha ruralis*, *Mentha salebrosa*, *Mentha schreberi*, *Mentha scrophulariifolia*, *Mentha segetalis*, *Mentha simplex*, *Mentha slichoviensis*, *Mentha slichoviensis* var. *campicola*, *Mentha slichoviensis* var. *fossicola*, *Mentha sparsiflora*, *Mentha sparsiflora* var. *paschorum*, *Mentha subcollina*, *Mentha subcordata*, *Mentha subfontanea*, *Mentha subinodora*, *Mentha sylvatica*, *Mentha tenuicaulis*, *Mentha thayana*, *Mentha vanhaesendonckii*, *Mentha varians*, *Mentha verisimilis*, *Mentha viridula*]

**FIELD MINT** is an annual or perennial. Native to temperate regions in Asia, Africa and North America, it has tiny, pale lilac or white flowers.

It is also known as *Ackerminze* (German), *Agermynte* (Danish), *Åkermynnta* (Swedish), *Akkermunt* (Dutch), *American mint*, *Apple mint*, *Baume des champs* (French), *Bhudina* (Burmese), *Bijanggut* (Sundanese), *Brook mint*, *Canadian mint*, *Chetnimaraga* (Kannada), *Chetnimaragu* (Kannada), *Chinesische Minze* (German), *Corn mint*, *Feldminze* (German), *Hortelã-comum* (Portuguese), *Janggat* (Javanese), *Japanese mint*, *Japanese peppermint*, *Japanische Minze* (German), *Kornminze* (German), *Lamb's tongue*, *Máta rolní* (Czech), *Mensa arubenshisu* (Japanese), *Menta arvensis* (Spanish), *Menta japonesa* (Spanish), *Menta selvatica* (Italian), *Menta silvestre* (Spanish), *Mentaster*

(Italian), *Menthe des champs* (French), *Menthe du japon* (French), *Mięta polna* (Polish), Mint, *Mintys y Maes* (Welsh), *Mintys yr Yd* (Welsh), *Muthina* (Malayalam), *Naana al hind* (Arabic), *Odutalan* (Sinhalese), *Peltominttu* (Finnish), *Phudno* (Gujarati), *Podina* (Bengali), *Pohok* (Malay), *Pudina* (Bengali, Gujarati, Hindi, Marathi, Punjabi, Sanskrit, Tamil, Telugu, Urdu), *Pudinah* (Hindi, Persian), *Pudinchkohi* (Urdu), *Pudyanu* (Kashmiri), *Puthina* (Tamil), *Putiha* (Sanskrit), *Putiyina* (Malayalam), *Rantaminttu* (Finnish), *Té del río* (Spanish), Tule mint, *Vique* (Portuguese), Water calamint, Wild bergamont, Wild bergamot, Wild mint, Wild pennyroyal, Wild peppermint, and *Youshu hakka* (Japanese).

*Arvensis* means 'of or growing in cultivated fields or land'.

In Ireland sprigs of field mint were laid on the corn stacks to deter mice. While in the West of England sheep shearers added it to pails of water in which they washed their hands as it removed grease and colouring.

Of all the mints authorities contend that field mint is the best prevention for milk curdling and thus it was once grown specifically with this in mind.

North American Indian tribes put it to great use. As a tea it was popular with the Kawaiisu, Dakota, Sanpoil, Blackfoot, Shuswap, Cheyenne, Okanagan-Colville and Paiute Indians. Records suggest that the Cherokee ate it as a food, and some of the Navajo, the Blackfoot, Saanich and Thompson tribes all used it for flavouring food (the latter especially with dried fish).

High regard for field mint was illustrated by the Cheyenne as it played a role in connection with their Sun Dance.

The leaves and stems provided an incense or fragrance for the home for the Montana Indian and Cheyenne tribes – while the Thompson, Flathead and Kutenai Indians scattered the leaves over meat or berries as an insect repellent. Its strong aroma seems to have been invaluable in other ways as the Thompson Indians laid drying fish on a layer of these leaves to counter the strong fish smell, while hunters or fishermen in the Dakota tribe applied a decoction to their traps to mask any human scent on them.

A plant decoction also served Thompson and Cheyenne Indians as a hair dressing – and the Cheyenne used the leaves for an aphrodisiac.

Records also show that North American tribes harnessed the plant's medicinal virtues. It seems to have been especially popular for easing colds as it was used for this purpose by some of the Navajo, the Thompson, Kutenai, Flathead and Okanagan-Colville tribes – and excluding the Thompson Indians and including the Cherokee, they also used it for treating fever. It was used by the Algonkin for headaches – and by the Iroquois to cause vomiting when this was necessary, and by the Cheyenne to stop vomiting. The Okanagan-Colville believed that it was suitable for treating wind in children, and they and the Kawaiisu also chose it to ease pain (generally) in adults. For the Flathead, and Kutenai Indians field mint offered a remedy for coughs, the Menominee used it for pneumonia, and the Thompson tribe and some of the Navajo took it for influenza. While the Cheyenne turned to the plant for treating some heart disorders, the Kutenai tribe used it as a remedy for various kidney problems. The latter also relied upon it for easing rheumatism, and the Okanagan-Colville, some of the Navajo and the Kawaiisu all applied it to swellings. Flathead and Kutenai Indians took the plant as a tonic. The former also used it to ease toothache and some of the Navajo prescribed it as a stimulant.

Today in India field mint is particularly used as an ingredient in chutney and as a flavouring in food and drinks. It is also used as flavouring or scent in some cigarettes, toiletries and pharmaceutical products, and it can be an ingredient in mint flavoured confectionery, and toothpastes.