

Mentha longifolia

[Synonyms : *Mentha acrocerai*, *Mentha acuminata*, *Mentha aepycaulos*, *Mentha aequifrons*, *Mentha alaica*, *Mentha albida*, *Mentha alpigena*, *Mentha ambigua*, *Mentha aquatica* var. *gracilis*, *Mentha asiatica*, *Mentha bacsensis*, *Mentha baldensis*, *Mentha balsamiflora*, *Mentha bezdanensis*, *Mentha brachyclada*, *Mentha brassoensis*, *Mentha brevispicata*, *Mentha brittingeri*, *Mentha caerulescens*, *Mentha candicans*, *Mentha candicans* forma *angustifolia*, *Mentha candicans* forma *leptostachya*, *Mentha candicans* forma *ramosa*, *Mentha canescens*, *Mentha cardiophyllos*, *Mentha castellana*, *Mentha caucasica*, *Mentha chaunantha*, *Mentha chrysostomi*, *Mentha coerulescens*, *Mentha collivaga*, *Mentha cordata*, *Mentha cretica*, *Mentha cuspidata*, *Mentha danubialis*, *Mentha darvasica*, *Mentha decloetiana*, *Mentha densicapilla*, *Mentha despecta*, *Mentha dionisiana*, *Mentha discolor*, *Mentha divaricata*, *Mentha domingoi*, *Mentha dulcissima*, *Mentha eisensteiniana*, *Mentha ensidens*, *Mentha favratii*, *Mentha filina*, *Mentha firmicaulis*, *Mentha flanatica*, *Mentha foliosa*, *Mentha foroiulensis*, *Mentha glaucostachya*, *Mentha grisella* subsp. *caucasica*, *Mentha grisella* subsp. *minutiflora*, *Mentha grisella* subsp. *syriaca*, *Mentha halleri*, *Mentha hapalophylla*, *Mentha hispidula*, *Mentha hollosyana*, *Mentha horridula*, *Mentha hugueninii*, *Mentha hybrida*, *Mentha illyrica*, *Mentha incana*, *Mentha incana* forma *barthiana*, *Mentha incana* var. *litoralis*, *Mentha ischnostachya*, *Mentha josephi*, *Mentha jucunda*, *Mentha jurana*, *Mentha kopetdaghensis*, *Mentha kozorensis*, *Mentha krassoensis*, *Mentha kuncii*, *Mentha laggeri*, *Mentha lavandulacea*, *Mentha lavandulifolia*, *Mentha leioneura*, *Mentha lepidioides*, *Mentha lereschii*, *Mentha leucantha*, *Mentha ligustrina*, *Mentha litigiosa*, *Mentha longifolia*, *Mentha longifolia* var. *acrocerai*, *Mentha longifolia* var. *acuminata*, *Mentha longifolia* forma *acutidens*, *Mentha longifolia* subsp. *aequifrons*, *Mentha longifolia* subsp. *ambigua*, *Mentha longifolia* forma *angustifolia*, *Mentha longifolia* forma *angustifrons*, *Mentha longifolia* forma *angustissima*, *Mentha longifolia* forma *anisodons*, *Mentha longifolia* forma *apentiana*, *Mentha longifolia* forma *apoxodonta*, *Mentha longifolia* var. *argenticapilla*, *Mentha longifolia* forma *arthrostachya*, *Mentha longifolia* var. *asiatica*, *Mentha longifolia* var. *bacsensis*, *Mentha longifolia* subsp. *balcanica*, *Mentha longifolia* var. *balsamiflora*, *Mentha longifolia* var. *barthiana*, *Mentha longifolia* var. *bojanaensis*, *Mentha longifolia* var. *brassoensis*, *Mentha longifolia* var. *brevifolia*, *Mentha longifolia* var. *brevifrons*, *Mentha longifolia* subsp. *bulgarica*, *Mentha longifolia* subsp. *bureschiana*, *Mentha longifolia* var. *cadrilateri*, *Mentha longifolia* var. *campiensis*, *Mentha longifolia* var. *campylostachya*, *Mentha longifolia* var. *candicans*, *Mentha longifolia* var. *capitata*, *Mentha longifolia* var. *capitulata*, *Mentha longifolia* var. *cardibasea*, *Mentha longifolia* var. *cardiophylla*, *Mentha longifolia* subsp. *caucasica*, *Mentha longifolia* var. *cesarea*, *Mentha longifolia* var. *chaunantha*, *Mentha longifolia* var. *collivaga*, *Mentha longifolia* forma *comata*, *Mentha longifolia* var. *crenigera*, *Mentha longifolia* var. *dejmerii*, *Mentha longifolia* var. *delphinensis*, *Mentha longifolia* var. *demissa*, *Mentha longifolia* var. *densicapilla*, *Mentha longifolia* subsp. *diabolina*, *Mentha longifolia* var. *discolor*, *Mentha longifolia* var. *divaricata*, *Mentha longifolia* var. *dobrogensis*, *Mentha longifolia* var. *dripanoidea*, *Mentha longifolia* var. *eclyanthea*, *Mentha longifolia* var. *eisensteiniana*, *Mentha longifolia* var. *ensidens*, *Mentha longifolia*

subsp. *erminea*, *Mentha longifolia* var. *falcatodentata*, *Mentha longifolia* var. *favratii*, *Mentha longifolia* var. *feleacaensis*, *Mentha longifolia* subsp. *ferdinandii*, *Mentha longifolia* var. *firmiticaulis*, *Mentha longifolia* var. *flaccida*, *Mentha longifolia* forma *flanatica*, *Mentha longifolia* var. *focsaniensis*, *Mentha longifolia* var. *foroiulensis*, *Mentha longifolia* subsp. *fuliginosa*, *Mentha longifolia* var. *gibbosidens*, *Mentha longifolia* var. *glaucostachya*, *Mentha longifolia* var. *graciliflora*, *Mentha longifolia* var. *gracilis*, *Mentha longifolia* var. *grandis*, *Mentha longifolia* forma *grinensis*, *Mentha longifolia* subsp. *grisella*, *Mentha longifolia* var. *gulekensis*, *Mentha longifolia* var. *hapalophylla*, *Mentha longifolia* forma *hebosa*, *Mentha longifolia* forma *heterodens*, *Mentha longifolia* var. *holasia*, *Mentha longifolia* var. *hollosyana*, *Mentha longifolia* var. *horridula*, *Mentha longifolia* var. *hugueninii*, *Mentha longifolia* var. *huteri*, *Mentha longifolia* var. *incana*, *Mentha longifolia* subsp. *incisifolia*, *Mentha longifolia* var. *ingens*, *Mentha longifolia* forma *irregularis*, *Mentha longifolia* var. *ischnostachya*, *Mentha longifolia* subsp. *javorkae*, *Mentha longifolia* var. *jurana*, *Mentha longifolia* var. *kozorensis*, *Mentha longifolia* var. *laggeri*, *Mentha longifolia* forma *lanyiana*, *Mentha longifolia* var. *latibracteata*, *Mentha longifolia* subsp. *lavandulacea*, *Mentha longifolia* var. *leioneura*, *Mentha longifolia* var. *lepidioides*, *Mentha longifolia* var. *leptophylla*, *Mentha longifolia* var. *leptostachya*, *Mentha longifolia* var. *lereschii*, *Mentha longifolia* subsp. *libidinosa*, *Mentha longifolia* var. *lignosa*, *Mentha longifolia* var. *ligustrina*, *Mentha longifolia* forma *litoralis*, *Mentha longifolia* var. *lonciana*, *Mentha longifolia* subsp. *longifolia*, *Mentha longifolia* var. *macedonica*, *Mentha longifolia* var. *macilenta*, *Mentha longifolia* var. *macrophyllus*, *Mentha longifolia* forma *magnifrons*, *Mentha longifolia* var. *major*, *Mentha longifolia* var. *marisensis*, *Mentha longifolia* forma *melesensis*, *Mentha longifolia* var. *mesomorpha*, *Mentha longifolia* var. *microphylla*, *Mentha longifolia* var. *microverticillata*, *Mentha longifolia* subsp. *minutiflora*, *Mentha longifolia* var. *moldovica*, *Mentha longifolia* var. *mollicoma*, *Mentha longifolia* subsp. *mollis*, *Mentha longifolia* subsp. *mollissima*, *Mentha longifolia* var. *montenegrina*, *Mentha longifolia* var. *mosztongensis*, *Mentha longifolia* var. *nematostachya*, *Mentha longifolia* forma *nicolaensis*, *Mentha longifolia* forma *niederederi*, *Mentha longifolia* forma *norica*, *Mentha longifolia* var. *oblongifolia*, *Mentha longifolia* forma *oblongolanceolatifolia*, *Mentha longifolia* var. *ochroleuca*, *Mentha longifolia* forma *ochthegena*, *Mentha longifolia* subsp. *ovatifrons*, *Mentha longifolia* var. *pachylodes*, *Mentha longifolia* var. *pagana*, *Mentha longifolia* forma *pahinensis*, *Mentha longifolia* var. *pantotricha*, *Mentha longifolia* var. *paramecophyllon*, *Mentha longifolia* forma *pascua*, *Mentha longifolia* forma *paucidentata*, *Mentha longifolia* subsp. *pellita*, *Mentha longifolia* var. *phaeocoma*, *Mentha longifolia* var. *planitiensis*, *Mentha longifolia* var. *polystachya*, *Mentha longifolia* subsp. *procera*, *Mentha longifolia* forma *prodanii*, *Mentha longifolia* var. *pseudoelongata*, *Mentha longifolia* var. *pseudoulotricha*, *Mentha longifolia* forma *pustariensis*, *Mentha longifolia* var. *ramosissima*, *Mentha longifolia* var. *reciaensis*, *Mentha longifolia* var. *recta*, *Mentha longifolia* var. *reflexifolia*, *Mentha longifolia* forma *reticulatinervosa*, *Mentha longifolia* forma *retinervis*, *Mentha longifolia* var. *romanica*, *Mentha longifolia* forma *rotundibracteata*, *Mentha longifolia* var. *rozaliae*, *Mentha longifolia* forma *schneekapellae*, *Mentha longifolia* forma *scytina*, *Mentha longifolia* var. *sedunensis*, *Mentha longifolia* var. *serbica*, *Mentha longifolia* var. *seriata*, *Mentha longifolia* subsp. *serrulata*, *Mentha longifolia* var. *sordida*, *Mentha longifolia* var. *sparsiramea*, *Mentha longifolia* var. *splendens*, *Mentha longifolia* forma *stenantha*, *Mentha longifolia* var. *stenanthelmia*, *Mentha longifolia* var. *stenystachya*, *Mentha longifolia* var. *stenotricha*, *Mentha longifolia* var. *striata*, *Mentha longifolia* var. *striatula*, *Mentha longifolia* forma *subacutidentata*, *Mentha longifolia* forma *subalpina*, *Mentha longifolia* var. *subamplexicaulifolia*, *Mentha longifolia* var. *subincana*, *Mentha*

longifolia var. *subintegra*, *Mentha longifolia* var. *subintegrifolia*, *Mentha longifolia* subsp. *submissa*, *Mentha longifolia* forma *subnemorosa*, *Mentha longifolia* var. *subobtusata*, *Mentha longifolia* var. *subpyramidaliformis*, *Mentha longifolia* var. *subpyramidalis*, *Mentha longifolia* var. *subviridiformis*, *Mentha longifolia* var. *subviridis*, *Mentha longifolia* subsp. *syriaca*, *Mentha longifolia* var. *szabolcsensis*, *Mentha longifolia* var. *szamosiana*, *Mentha longifolia* var. *szeneziana*, *Mentha longifolia* forma *szolnokensis*, *Mentha longifolia* var. *taphrophila*, *Mentha longifolia* var. *taurica*, *Mentha longifolia* var. *tenuior*, *Mentha longifolia* var. *terasia*, *Mentha longifolia* var. *trachypriononta*, *Mentha longifolia* var. *transmota*, *Mentha longifolia* var. *ulotricha*, *Mentha longifolia* subsp. *urumovii*, *Mentha longifolia* var. *vallesiaca*, *Mentha longifolia* forma *veroniciformis*, *Mentha longifolia* forma *villocaulis*, *Mentha longifolia* var. *vineicola*, *Mentha longifolia* forma *virens*, *Mentha longifolia* var. *viridescens*, *Mentha longifolia* var. *weinerniana*, *Mentha longifolia* var. *wierzbickiana*, *Mentha longifolia* forma *zernestensis*, *Mentha longifolia* forma *zomborensis*, *Mentha macilenta*, *Mentha marisensis*, *Mentha mellifluens*, *Mentha mentita*, *Mentha microstachya*, *Mentha minutiflora*, *Mentha mixta*, *Mentha mollicoma*, *Mentha mollis* forma *leptostachya*, *Mentha mollis* var. *retinervis*, *Mentha mollissima*, *Mentha mollissima* var. *bornmuelleri*, *Mentha mollissima* forma *exserta*, *Mentha mollissima* forma *inclusa*, *Mentha mollissima* forma *plicata*, *Mentha monticola*, *Mentha monticola* var. *jurana*, *Mentha mosztongensis*, *Mentha nativitatis-mariae*, *Mentha neilreichiana*, *Mentha nematostachya*, *Mentha nigrescens*, *Mentha noeana*, *Mentha norica*, *Mentha oblonga*, *Mentha omissa*, *Mentha pachylodes*, *Mentha pagana*, *Mentha pallida*, *Mentha pamiroalaica*, *Mentha panormitana*, *Mentha pantotricha*, *Mentha paramecophyllon*, *Mentha pedroi*, *Mentha pellita*, *Mentha persica*, *Mentha petitrix*, *Mentha phaeocoma*, *Mentha planitiensis*, *Mentha procera*, *Mentha psiloclada*, *Mentha ratisbonensis*, *Mentha recta*, *Mentha reflexifolia*, *Mentha reflexifolia* var. *serrulata*, *Mentha retinervis*, *Mentha rigens*, *Mentha rocheliana*, *Mentha rozaliae*, *Mentha sapida*, *Mentha seriata*, *Mentha serotina*, *Mentha serratula*, *Mentha serrulata*, *Mentha sphaerostachya*, *Mentha spicata* subsp. *longifolia*, *Mentha spicata* var. *microphylla*, *Mentha stenantha*, *Mentha stenanthelmia*, *Mentha stenoclada*, *Mentha stenostachya*, *Mentha stenotricha*, *Mentha suavis*, *Mentha suavissima*, *Mentha subincana*, *Mentha subintegrifolia*, *Mentha subviridis*, *Mentha sylvestris*, *Mentha sylvestris* var. *alpigena*, *Mentha sylvestris* var. *angustifolia*, *Mentha sylvestris* subsp. *arctifrons*, *Mentha sylvestris* subsp. *brevifrons*, *Mentha sylvestris* var. *candicans*, *Mentha sylvestris* var. *compacta*, *Mentha sylvestris* var. *crispa*, *Mentha sylvestris* var. *diffusa*, *Mentha sylvestris* var. *discolor*, *Mentha sylvestris* var. *flaccida*, *Mentha sylvestris* var. *floribunda*, *Mentha sylvestris* var. *grandis*, *Mentha sylvestris* var. *iberica*, *Mentha sylvestris* var. *incana*, *Mentha sylvestris* var. *lancifolia*, *Mentha sylvestris* subsp. *lavandulacea*, *Mentha sylvestris* var. *major*, *Mentha sylvestris* var. *marisensis*, *Mentha sylvestris* var. *microcephala*, *Mentha sylvestris* var. *microphylla*, *Mentha sylvestris* forma *minor*, *Mentha sylvestris* var. *mollis*, *Mentha sylvestris* subsp. *mollissima*, *Mentha sylvestris* forma *pahinensis*, *Mentha sylvestris* var. *pallescens*, *Mentha sylvestris* subsp. *pellita*, *Mentha sylvestris* subsp. *procurrens*, *Mentha sylvestris* var. *simplex*, *Mentha sylvestris* var. *sordida*, *Mentha sylvestris* var. *subintegra*, *Mentha sylvestris* var. *thaumasia*, *Mentha sylvestris* subsp. *tomentosa*, *Mentha sylvestris* var. *wierzbickiana*, *Mentha syriaca*, *Mentha syrmiensis*, *Mentha szamosiana*, *Mentha szeneziana*, *Mentha szilyana*, *Mentha taphrophila*, *Mentha thaumasia*, *Mentha transmota*, *Mentha transsilvanica*, *Mentha uliginosa*, *Mentha ulotricha*, *Mentha vagans*, *Mentha vallesiaca*, *Mentha veroniciformis*, *Mentha viridescens*, *Mentha viridis* subsp. *candicans*, *Mentha viridis* var. *canescens*, *Mentha viridis* var. *minutodonta*, *Mentha weinerniana*, *Mentha wierzbickiana*, *Mentha wierzbickiana* forma *holubyana*, *Mentha*

wierzbickiana forma *lintiae*, *Mentha wierzbickiana* var. *richteri*, *Mentha wierzbickiana* var. *stenantha*, *Mentha wierzbickiana* forma *subcrispa*, *Mentha wirzbickiana*, *Mentha wondracekii*]

HORSE MINT is a perennial. Native to Europe, it has tiny, lilac or white flowers.

It is also known as *Bibel-Minze* (German), Downy mint, English horsemint, *Erva de São Lourenço* (Portuguese), *Gråmynta* (Swedish), *Harmaaminttu* (Finnish), *Hisopo* (Portuguese), *Kahle Rossmintze* (German), Long-leaved mint, *Máta dlouholistá* (Czech), *Mensa rongifolia* (Japanese), *Menta-selvagem* (Portuguese), *Menta selvatica* (Spanish), *Menthe à longues feuilles* (French), *Menthe pouliot* (French), *Menthe sylvestre* (French), Mint, *Nagaba hakka* (Japanese), *Ou bo he* (Chinese), *Poejo* (Brazilian, Portuguese), *Poejo-real* (Portuguese), *Pudina* (Hindi, Sanskrit), *Pudna-kushna* (Punjabi), *Ross-Minze* (German), *Silberminze* (German), Silver mint, White woolly mint, Wild diosmos, and Wild mint.

Longifolia is made up of Latin *longi-* (long) and *-folia* (leaved) components.

Some authorities believe that this is a species of mint referred to in the *Bible*.

Horse mint was once eaten traditionally in England with lamb at Easter.

Cooks have added the leaves to green salad.

Medicinally, an infusion of the leaves has been recommended for treating headaches and pain in general.