

You are viewing one of thousands of biographies – click below for more, including Search box and access to Plant associated organisations.

[Plant Biographies](#)

[Bibliography](#)

Mentha longifolia

[Synonyms : *Mentha alaica*, *Mentha asiatica*, *Mentha darvasica*, *Mentha incana*, *Mentha kopetdaghensis*, *Mentha longifolia* subsp. *caucasica*, *Mentha pamiroalaica*, *Mentha spicata* subsp. *longifolia*, *Mentha sylvestris*, *Mentha vagans*]

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

It is also known as English horsemint, *Gråmynta* (Swedish), *Harmaaminttu* (Finnish), Long-leaved mint, *Máta dlouholistá* (Czech), *Menthe pouliot* (French), *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 the species of mint referred to in the *Bible*.

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

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