

Mentha suaveolens

[Synonyms : *Mentha barcinonensis*, *Mentha bauhinii* forma *warionii*, *Mentha bellojocensis*, *Mentha bofillii*, *Mentha germanica*, *Mentha insularis*, *Mentha insularis* var. *balearica*, *Mentha insularis* var. *cinereovirens*, *Mentha insularis* forma *compacta*, *Mentha insularis* var. *glabrata*, *Mentha insularis* subsp. *mirabilis*, *Mentha krockeri*, *Mentha linnaei*, *Mentha linnaei* var. *germanica*, *Mentha macrostachya*. *Mentha macrostachya* var. *bauhinii*, *Mentha macrostachya* var. *elongata*, *Mentha macrostachya* forma *minutissima*, *Mentha meduanensis*, *Mentha meduanensis* var. *sepium*, *Mentha mexicana*, *Mentha mucronulata*, *Mentha neglecta*, *Mentha niliaca*, *Mentha oblongifolia*, *Mentha pachystachya*, *Mentha ripartii*, *Mentha roseiflora*, *Mentha rotundifolia*, *Mentha rugosa*, *Mentha rugosa* var. *oblongifolia*, *Mentha rugosa* var. *rotundifolia*, *Mentha sepium*, *Mentha spicata* var. *rotundifolia*, *Mentha suaveolens* var. *bullata*, *Mentha suaveolens* var. *craspedota*, *Mentha suaveolens* var. *elongata*, *Mentha suaveolens* var. *glabrescens*, *Mentha suaveolens* subsp. *insularis*, *Mentha suaveolens* var. *lepteilema*, *Mentha suaveolens* var. *meduanensis*, *Mentha suaveolens* var. *oblongifolia*, *Mentha suaveolens* var. *reverchonii*, *Mentha suaveolens* var. *serrata*, *Mentha suaveolens* subsp. *suaveolens*, *Mentha villosa*, *Mentha willdenowii*]

APPLE MINT is a perennial. Native to Europe, it has white, or cream to pink flowers.

It is also known as *Ananasminze* (German), *Apfelminze* (German), *Apperu minto* (Japanese), Apple-scented mint, *Baume suave* (French), *Blötmynta* (Swedish), Egyptian mint, Hairy mint, *Hierbabuena de borrico* (Spanish), Lamb's mint, *Mastranzo* (Spanish), *Matapulgas* (Spanish), *Máta vonná* (Czech), *Menta a foglie rotonde* (Italian), *Menta selvatica* (Italian), *Menthe à feuilles* (French), *Menthe de cheval* (French), *Menthe odorante* (French), *Menthe rotundifoliée* (French), *Menthe simple* (French), *Menthe suave* (French), *Mintys Deilgrwn* (Welsh), Monk's herb, àPineapple mint, *Pyöröminttu* (Finnish), Round leaf mint, Round-leaved mint, *Rundbladsmyntha* (Swedish), *Rundblättrige Minze* (German), *Rundmynta* (Swedish), *Wohlrriechende Minze* (German), Woolly mint, and *Yuan ye bo he* (Chinese).

Suaveolens is Latin (fragrant, sweet-smelling) meaning 'sweet-scented'.

It acquired its name apple mint because the scent and taste are a subtle cross of apple *Malus* and mint.

The plant was once an ingredient used by the confectionery industry. Today its aromatic oils are used by the pharmaceutical industry.

As apple mint is not as strong as other varieties it can be included with relative abandon in home cooking.

Medicinally, apple mint appear to have little or no use.