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*Mentha suaveolens*

[Synonyms : *Mentha insularis*, *Mentha macrostachya*, *Mentha niliaca*, *Mentha rotundifolia*, *Mentha spicata* var. *rotundifolia*, *Mentha villosa*]

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

It is also known as *Ananasminze* (German), *Apfelminze* (German), Apple-scented mint, *Blötmynta* (Swedish), Egyptian mint, Hairy mint, *Hierbabuena de borrico* (Spanish), Lamb's mint, *Mastranzo* (Spanish), *Matapulgas* (Spanish), *Máta vonná* (Czech), *Menta selvatica* (Italian), *Menthe rotundifoliée* (French), *Mintys Deilgrwn* (Welsh), Monk's herb, Pineapple mint, *Pyöröminttu* (Finnish), Round-leaved mint, *Rundbladsmynta* (Swedish), *Rundblättrige Minze* (German), *Rundmynta* (Swedish), and Woolly mint.

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

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

The plant was once an ingredient used by the confectionery industry.

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

Medicinally, apple mint has no use.