

# Gilbertie's

Est. 1922

## ORGANICS



HERBS

Local • Soil Grown

### SPEARMINT



[CLICK HERE FOR RECIPES](#)



#### USES

- Preferred over peppermint for cooking, spearmint is often used with vegetables such as carrots, as well in potato dishes
- Used for tea flavoring



#### GROWING & PLANTING

- Hardy perennial
- To prevent root spreading, plant in submerged deep barrel with no bottom
- Best grown from cutting or transplant
- Tolerates semi-shade



#### FOLKLORE & SYMBOLS

- Greek mythology credits Proserpine with the creation of mint. Out of jealousy of the nymph Mentha, Proserpine changed her into a plant to be tread on by mortals for all eternity