

Dragonfly's Nook

PLANTS ♦ CRAFTS ♦ GOOD VIBES
Grow a kinder, greener tomorrow ♥

PEPPERMINT

(Mentha × piperita)

♥ Fresh Leaves, Brighter Days ♥

A refreshing, invigorating herb for body, mind, and home.

Healthy
Plants
Happier
People
♥

Good
Herbs
Brighter
Days
♥



Medicinal Benefits

- ♥ Supports digestive health – may help relieve bloating, gas, indigestion, IBS, and nausea
- ♥ Soothes stomach cramps and digestive discomfort
- ♥ May help reduce headaches and tension (especially when used topically or as a tea)
- ♥ Supports respiratory health – helps open airways and may ease congestion from colds, allergies, and sinus issues
- ♥ Cooling and refreshing – may help with fever and overheating
- ♥ Natural antimicrobial, antiviral, and antifungal properties
- ♥ May help improve focus, alertness, and mental clarity
- ♥ Traditionally used for muscle aches, menstrual discomfort, and stress relief

Nature's Fresh Breath
for a Kinder, Healthier You ♥

♥ Fun Fact!

Peppermint is a natural hybrid between watermint and spearmint, discovered over 300 years ago in England! ♥

Plant Information

- ☀ **Type:** Perennial herb (spreads easily)
- ↑↓ **Height:** 1 – 3 feet
- ↔ **Spread:** 1 – 2 feet (can be invasive)
- 🌸 **Bloom Time:** Summer (small purple flowers)
- ☀ **Sunlight:** Full sun to partial shade
- 💧 **Soil:** Moist, well-draining, rich soil
- ❄ **Water:** Keep evenly moist (does not like to dry out)
- 🌿 **Hardiness Zones:** 3 – 11

Easy to grow,
hard to resist!
♥

Good for the Garden

- ♥ Attracts bees, butterflies, and other beneficial insects
- ♥ Great for herb gardens, containers, and borders
- ♥ Deer resistant
- ♥ Spreads quickly – best grown in containers or controlled spaces
- ♥ Fragrant leaves add beauty to your garden
- ♥ Companion plant for many vegetables (may deter pests)

♥ How to Use Peppermint ♥

Different parts of the plant can be used in many wonderful ways!

Leaves

(most commonly used)



- ♥ Use fresh or dried in teas
- ♥ Add to culinary dishes (salads, desserts, sauces)
- ♥ Infuse into oils, vinegars, and herbal blends
- ♥ Use in homemade skincare (scrubs, toners, balms)
- ♥ Chew a fresh leaf for fresh breath

The leaves hold the highest concentration of essential oils.

Flowers

(less commonly used)



- ♥ Use fresh or dried in teas (for a milder flavor)
- ♥ Add to herbal blends and potpourri
- ♥ Attract pollinators to your garden
- ♥ Can be used in infused oils and vinegars
- ♥ Beautiful addition to flower arrangements

Delicate flowers, big benefits!

Stems

(often overlooked)



- ♥ Can be used in teas and stocks (milder flavor)
- ♥ Add to herbal infusions
- ♥ Use in homemade vinegars
- ♥ Great for composting
- ♥ Can be simmered in water for a refreshing room spray

Don't toss the stems – they still have goodness to give!

Popular Ways to Enjoy



- ♥ Peppermint tea (hot or iced)
- ♥ Infused water or lemonade
- ♥ Herbal syrups and mocktails
- ♥ Cooking (salads, sauces, chocolates)
- ♥ Essential oil (aromatherapy, topical use)
- ♥ Bath soaks and foot rinses
- ♥ DIY skincare (scrubs, balms, lip balm)
- ♥ Potpourri and sachets
- ♥ Freshen your home naturally

Cooler Days
Happier Ways ♥

Mint
More Joy
♥

Plant Wellness ♥ Grow Joy ♥ Dragonfly's Nook ♥