



EVERYTHING
Herbal

— by Cheryl Jabz —

Herbs. Health. Healing. Naturally.

SPEARMINT

(*Mentha spicata*)



A refreshing, sweet mint that's perfect for teas, desserts, and everyday use!



COOL
COOL MINT
FRESH HEART
HAPPY HOME

HOW TO GROW



Light: Partial to full sun (4–6+ hours).



Soil: Moist, well-draining, rich soil.

Water: Keep soil consistently damp (not soggy).



Planting: Grows best from cuttings or starter plants. Space about 12–18 inches apart.



Container Tip: Mint spreads aggressively—grow it in a pot to prevent it from taking over your garden.



Care & Harvest: Pinch off tops regularly to keep it bushy. Harvest leaves anytime—best flavor before flowering. Trim back often to prevent legginess.



Indoor Growing: Place near a sunny window. Keep soil moist and rotate the pot for even growth.

USES & BENEFITS

- Soothes upset stomach and aids digestion
- Naturally freshens breath and supports oral health
- Relieves headaches and mental fatigue
- Calming and uplifting aroma reduces stress
- Excellent for teas, smoothies, and desserts
- Natural insect repellent in the garden
- Antioxidant and anti-inflammatory properties



HERBAL TIP: Harvest in the morning after dew dries for the best flavor and essential oils.



Cheryl Jabz ♡

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