



Peppermint



- Plant in a container to prevent it from spreading aggressively in the garden.
- Prefers partial sun and moist, well-drained soil.
- Trim regularly to encourage fresh new leaves.

Healing Benefits:

- Soothes digestion and helps relieve bloating or nausea.
- Eases headaches with its cooling and calming scent.
- Improves focus and mental clarity when inhaled or diffused.

Popular Uses:

Perfect for flavoring teas, desserts, smoothies, sauces, and festive treats like candies and chocolates.