



The Herb Society of America

Promising Plants Profiles

***Mentha spicata* 'Kentucky Colonel'**

Common Name: Kentucky Colonel Spearmint, spearmint

Family: Lamiaceae

Genus: *Mentha*

Specific Epithet: *spicata*

Cultivar: 'Kentucky Colonel'

Life cycle: perennial

Zone: 5-9

Flower color: lilac/lavender, pink, white to off-white

Bloom time: summer to early fall

Growth: 24-36"

Habit/Form: upright, spreading, ground cover

Light requirements: full sun to partial shade

Soil requirements: rich, moist, well-drained soil, does not grow well in dry soil.

Propagation: softwood cuttings, division

Uses: culinary, medicinal, economical

Other details: Official herb in the Kentucky Derby's mint julep drink, which is where its name originated. Plant may be a noxious weed or invasive.



Photo courtesy of DeBaggio Herbs

Description: Large, dark green, crinkled leaves have serrated edges. Terminal spikes of lilac, pinkish, white flowers in the summer. Leaves have a characteristic spearmint flavor and taste.

Cultivation: Easily grown in most soils. Do not overwater. Best grown in containers as it may be invasive. Prune to remove flower heads and encourage new vegetative growth. Mint can be invasive. Sink barriers at least a foot into the soil to discourage spreading of rhizomes or grow in containers.

"An alternate choice if you can't obtain 'Madalene's Double Mint' is 'Kentucky Colonel' spearmint, Mentha spicata 'Kentucky Colonel'. The Spaniards thought so highly of this mint that they carried it all over the world with them in their explorations and trading. That explains why it is found around the world. The mint is so sweet it is almost like eating candy. This plant was selected and given its cultivar name by HSA's very own Mary Peddie." - Gloria McClure, Promising Plants Presentation, 2008

Please note: Profiles are intended to provide a brief introduction to each herb. For additional information, please refer to the References and Seed and Plant Source lists.

Disclaimer: Profiles are intended to provide a brief introduction to each herb. For additional information on uses, including medicinal contraindications, see the References list. The Herb Society of America can not advise, recommend, or prescribe herbs for medicinal use. Please consult a health care provider before pursuing any herbal treatments. Inclusion of vendor information does not indicate an endorsement by The Herb Society of America, and HSA can not guarantee availability of seeds/plants.
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