



# The Herb Society of America

## Promising Plants Profiles

### ***Mentha xgracilis* 'Madalene Hill'**

**Common Name:** Red Stemmed Applemint, Doublemint

**Family:** Lamiaceae

**Genus:** *Mentha*

**Specific Epithet:** *xgracilis*

**Cultivar:** 'Madalene Hill'

**Life cycle:** perennial

**Zone:** 5-9

**Flower color:** lilac/lavender

**Bloom time:** summer

**Growth:** 15-24"

**Habit/Form:** upright, spreading

**Light requirements:** sun to part shade

**Soil requirements:** rich, moist, well-drained

**Propagation:** cuttings, division

**Uses:** culinary, medicinal



Photo courtesy of Henry Flowers

**Description:** A hybrid cross between *Mentha arvensis* and *Mentha spicata*. This mint contains ingredients of both peppermint and spearmint. The upright stems have a touch of red and will grow 12-30 inches high. In the summer, lilac flowers appear in whorls on long, thin spikes.

**Cultivation:** Mints can be invasive and may be best controlled by planting in a container. Keep mints moist and do not let the soil dry out. Do not be afraid to prune back heavily. Flowers and seed heads need to be removed in order to prevent cross-breeding.

*"Mentha xgracilis 'Madalene Hill' is a most versatile mint for the kitchen. Madalene Hill acquired it in the 1950s and it has served as the only mint in her kitchen on a regular basis. This delightful mint is sometimes referred to as 'Double Mint.' According to Dr. Arthur Tucker, it has the chemistry of both spearmint (Mentha spicata) and peppermint (M. x piperita), thus making it exceptionally flavorful. It was first sold as 'Red-Stemmed Applemint.'" -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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