

薄荷 Peppermint

Mentha canadensis


唇形科 LAMIACEAE

你知道牙膏所採用的薄荷味配方是從薄荷葉提煉出來嗎？古羅馬人兩千多年前已經用它來保持口氣清新！

Do you know the flavour of mint in toothpaste actually comes from Peppermint leaves? Thanks to its freshness, ancient Romans used it as mouth freshener about 2000 years ago.

 花期 Flowering:

1 2 3 4 5 6 7 8 9 10 11 12

 果期 Fruiting:

1 2 3 4 5 6 7 8 9 10 11 12

更多資料 More Details



漁農自然護理署
Agriculture, Fisheries and
Conservation Department


形態特徵	<ul style="list-style-type: none">• 多年生草本植物，30-60厘米高• 多分枝，多數匍匐生長• 葉對生，多為卵形
分佈	<ul style="list-style-type: none">• 廣泛分佈於中國各省• 亦分佈於韓國、日本、越南、老撾、柬埔寨、泰國、馬來西亞、俄羅斯（遠東）及北美洲
栽培	<ul style="list-style-type: none">• 用種子、分株、扦插等繁殖，一般採用扦插方法留種• 可用嫩枝條、根、匍匐莖扦插繁殖• 取5~15厘米的繁殖體，斜插入沙質土，保持濕潤在隱蔽處10~20天即可生根成苗
用途	<ul style="list-style-type: none">• 可用於精油、藥物、配料、美容等• 食用上一般與牛羊、雞鴨、海鮮、蔬菜等煮、煎、烤，或製成醬汁、甜品、沙律、薄荷茶

薄荷 Peppermint


Mentha canadensis

唇形科 LAMIACEAE



 花期 Flowering:

1 2 3 4 5 6 7 8 9 10 11 12

 果期 Fruiting:

1 2 3 4 5 6 7 8 9 10 11 12

更多資料 More Details



你知道牙膏所採用的薄荷味配方是從薄荷葉提煉出來嗎？古羅馬人兩千多年前已經用它來保持口氣清新！

Do you know the flavour of mint in toothpaste actually comes from Peppermint leaves? Thanks to its freshness, ancient Romans used it as mouth freshener about 2000 years ago.



漁農自然護理署
Agriculture, Fisheries and
Conservation Department

Morphology	<ul style="list-style-type: none"> • Perennial aromatic herbs, 30-60 cm tall • Many-branched, with creeping rhizomes • Leave opposite, leave blade ovate-lanceolate
Distribution	<ul style="list-style-type: none"> • Widely distributed in all provinces of China • Also in Korea, Japan, Vietnam, Laos, Cambodia, Thailand, Malaysia, Russia (Far East) and North America
Cultivation	<ul style="list-style-type: none"> • Grows well in heavy clay soils • Prefers a slightly acid soil and partial shaded • Germination is usually fairly quick
Uses	<ul style="list-style-type: none"> • Essential oils, medicinal, spice and strewing herb