For the joy of gardening!
Estabrook's

WATER MINT

LIGHT

Grow Mentha aquatica in sun to partial shade. A bright, moist position supports leafy growth and summer flowers. Keep it separate from dry-soil herbs such as thyme and lavender.

WATER

Maintain consistently moist to wet soil. This mint is adapted to wet margins and should not be allowed to dry out like a drought-tolerant herb. Check container moisture frequently during hot weather.

SOIL & PLANTING

Use a contained planting in moisture-retentive soil, with the crown at its original level. Allow room for vigorous runners. Do not release it into natural ponds, streams or wetlands, where spread would be difficult to control.

FEEDING

Feed lightly only if growth indicates a need. Rich feeding can encourage even more spread. Keep fertilizer out of pond water and surrounding natural waterways.

SEASONAL CARE

Trim or harvest shoots to keep the clump manageable. Remove unwanted runners before they root elsewhere, and divide congested plants in spring. The top growth dies back in cold weather; protect small container roots from severe freezing.

HELPFUL TIPS

This is water mint, not pennyroyal or another mint identified by scent alone. Use only a correctly labeled culinary plant for harvesting, and rinse leaves. Containment and adequate moisture are the main differences from the ordinary garden-mint routine.