

Growing Mint Outdoors

Mentha

QUICK FACTS

USDA ZONES

3–9

SUNLIGHT

Full Sun

HEIGHT

8–12 ft

AT A GLANCE

Mint spreads by underground rhizomes and will take over any bed it is planted in without physical containment. Grow it in containers or bury a physical root barrier at least 12 inches deep around in-ground plantings. The reward for containment is an easy-care, cold-hardy perennial that produces all season in zones 3–9.

PLANTING CHECKLIST

- Match site to sun requirements above before buying
- Test soil drainage — dig a 12" hole, fill with water, time it (should drain in 1–2 hrs)
- Dig hole 2x wider than rootball, same depth
- Backfill with native soil — do NOT amend the planting hole
- Water deeply at planting and weekly for first 3 weeks
- Mulch 2" deep, keep mulch 2" away from trunk/stems

FULL GUIDE WITH SOURCES

<https://outdoorplantcare.com/vegetables/growing-mint/>

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