

Mentha piperita L.

Identifiants : 123199/mentpipe

Association du Potager de mes (nos) Rêves
(<https://lepotager-demesreves.fr> - <https://terralisme.fr>)

Fiche réalisée par Patrick Le Ménahèze
Dernière modification le 25/07/2026

- **Classification phylogénétique :**

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Astéridées ;
- Clade : Lamiidées ;
- Ordre : Lamiales ;
- Famille : Lamiaceae ;



- **Classification/taxinomie traditionnelle :**

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Lamiales ;
- Famille : Lamiaceae ;
- Genre : Mentha ;

- **Synonymes :** Mentha x piperata; ;

- **Nom(s) anglais, local(aux) et/ou international(aux) :** , Budi-nan, Gamathi phudina, Hierba buena, Paudina, La menta, Menta negra, Menta piperina, Menta piperita, Metvica, Ndamba, Nsimasatu, Paparaminta, Pudina, Pusi-nan, Vilayati pudina, ;



- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :**

Détails : Il est fortement aromatisé et est principalement utilisé comme extrait pour aromatiser les bonbons et les boissons. Les feuilles séchées peuvent être utilisées pour le thé. L'huile obtenue par distillation est utilisée en arôme.{{{0(+x)}} (traduction automatique)

Original : It is strongly flavoured and is mostly used as an extract in flavouring sweets and drinks. The dried leaves can be used for tea. The oil obtained by distillation is used in flavouring{{{0(+x)}}



Précautions : néant, inconnus ou indéterminés.

- **Liens, sources et/ou références :**

dont classification :

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Part 3 St David's Park Publishing, Tasmania, p 545 Dashorst, G.R.M., and Jessop, J.P., 1998, Plants of the Adelaide Plains & Hills. Botanic Gardens of Adelaide and State Herbarium. p 126 Dolina, K. & Luczaj, L., 2014, Wild food plants used on the Dubrovnik coast (south-eastern Croatia) Acta Soc Bot Pol 83(3):175-181 Duarte, M. C., et al, 2022, Diversity of Useful Plants in Cabo Verde Islands: A Biogeographic and Conservation Perspective. Plants 2022, 11, 1313 p 13 Elias, T.S. & Dykeman P.A., 1990, Edible Wild Plants. A North American Field guide. Sterling, New York p 143 Esperanca, M. J., 1988. Surviving in the wild. A glance at the wild plants and their uses. Vol. 2. p 145 Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 129 Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 245 Ghosh, C. & Das A. P., 2011, Some useful and poisonous tea garden weeds from the Darjiling District of West Bengal, India. 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H. and Lozada, M., 2004, Patterns of use and knowledge of wild edible plants in distinct ecological environments: a case study of a Mapuche community from northwestern Patagonia. Biodiversity and Conservation 13:1153-1173 Ladio, A., Lozada, M. & M. Weigandt, 2007, Comparison of traditional wild plant knowledge between aboriginal communities inhabiting arid and forest environments in Patagonia, Argentina. Journal of Arid Environments 69 (2007) 695-715 Lawton, B.P., 2002, Mints. A Family of Herbs and Ornamentals. Timber Press. p 150 Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 162 Low, T., 1991, Wild Herbs of Australia and New Zealand. Angus & Robertson. p 68 (Drawing) Mabey, R., 1973, Food for Free. A Guide to the edible wild plants of Britain, Collins. p 134 MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. 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