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# Lamiaceae (lay-mee-AY- see-ee)

Commonly  
known as the  
mint family

Tara Armbruster

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# Popular Members of the Lamiaceae Family

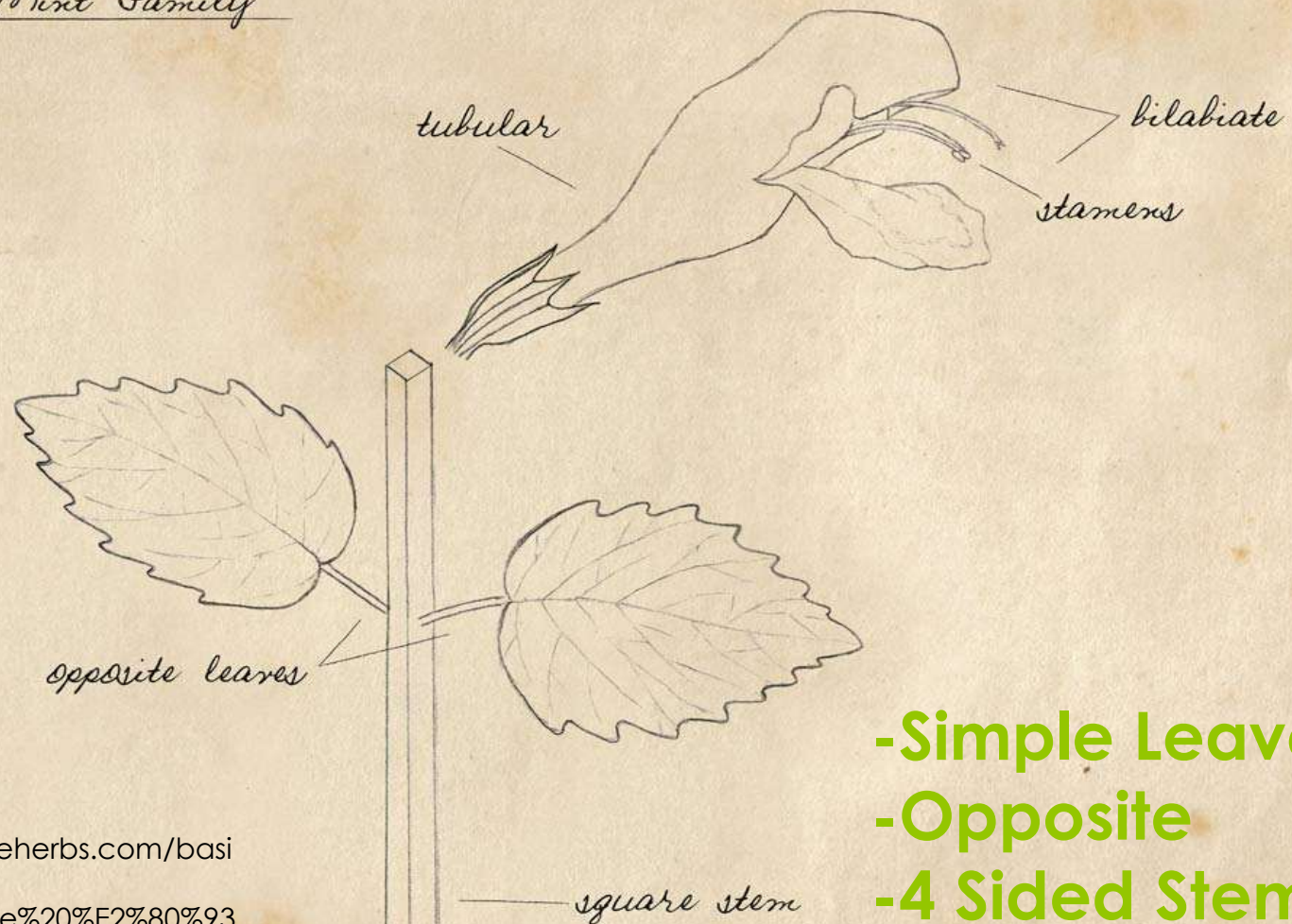
- Mint
- Rosemary
- Lavender
- Basil
- Thyme
- Oregano
- Sage





# COMMON TRAITS

BOTANICAL *The Mint Family*



- Simple Leaves
- Opposite
- 4 Sided Stems

Photo Credit:

<https://blog.mountainroseherbs.com/basic-botany-mint-family#:~:text=Lamiaceae%20%E2%80%93%20The%20Mint%20Family&text=This%20family%20includes%20skullcap%2C%20lemon,spearmint%2C%20peppermint%2C%20and%20vitex.>



## Fun Facts

- ❖ Upwards of 7000 species in the Lamiaceae family
- ❖ Can be found all over the world
- ❖ Lamiaceae is one of the most significant herbal families of flowering plants
- ❖ Many plants contain aromatic properties
- ❖ Lamiaceae herbs are very popular choices for pollinator gardens!
- ❖ I took this photo of a bee on some of the lavender at my home



# Medicinal Uses

- Supports the nervous system (anxiety, depression, headaches)
- Aids in digestion (indigestion, cramps, nausea)
- Antimicrobial (bacterial, fungal, viral)
- Respiratory support (congestion, asthma)
- Pain
- Cardiovascular health





# Common Pests and Disease

- ❖ Aphids
- ❖ Spider Mites
- ❖ Thrips
- ❖ Powdery Mildew
- ❖ Rust



# The United States Produces more than 70% of the world's supply of peppermint and spearmint

## Top Peppermint Producing States

- Oregon
- Washington
- Idaho
- Indiana
- California
- Wisconsin

## Top Spearmint Producing States

- Washington
- Oregon
- Indiana
- Idaho
- Michigan

**Thank You!**

