

NATIVE AUSTRALIAN FOOD FACTS:

Rivermint

Mentha australis

A sprawling, soft perennial herb with long straggly stems, it is found in moist gully's, forests and waterways in temperate south eastern Australia. Sending suckers, it can grow easily through a garden bed and needs regular watering.

DID YOU KNOW?

Rivermint is high in antioxidants and was used by Indigenous Australians as a flavouring, and as a remedy for coughs and colds. It was also rubbed on the skin as an insect repellent!

FLAVOUR PROFILE:

This Australian variety of mint tends to be quite pungent and sharper than some, and has a strong spearmint menthol aroma and flavour.

Rivermint leaves



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Dried Rivermint



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SEASONALITY:

The leaf can be harvested year-round as it is an evergreen species, but the plant can die back in the cold winter months.

Yellow Fish Curry with Rivermint



USES:

In salads, dressings, teas, sauces, jellies and jams. In dishes such as 'tzatziki' it provides contrast to the texture of yoghurt and cooling of cucumber. Fresh or dried, only a small amount is needed.

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GROWING REGIONS:



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