

Cultivation of Mint

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Mint is an aromatic perennial herb. Popularly known as "Pudina" It is scientifically known as *Mentha*. Mint helps in digestion & stomach disorders. It helps in respiratory disorders, asthma patients and also contributes in weight loss.



There are 4 types of Mint

1. Japanese Mint/ Menthol Mint
2. Spear Mint
3. Pepper Mint
4. Bergamot Mint

Generally, in India, most widely cultivated type of Mint is Japanese Mint because Japanese Mint suitable both tropical and sub-tropical regions. It is the primary source of natural menthol with oil content ranging from 75- 85 % menthol. It is preferred by farmers for its high oil yield and is widely used in pharmaceuticals, toothpastes and cosmetics.

Commercial or Hybrid varieties of Japanese Mint:

MAS-1, Hybrid-17, Shivalik, Gomati, Himalaya, KosiEC-41911, Saksham and Kushal.

Soil and Climate

Normally Japanese Mint can be cultivated in both tropical and sub- tropical regions. Mint requires Sandy loam soils rich in organic matter. The suitable temperature 20 to 40-degree C rainfall 100 cm to 110 cm. Light showers at planting time and good sunny days at harvesting stage is best for high yield and good quality of leaves. The required soil pH 6.5 to 8.0. Mint does not grow in clay soils, water stagnation should be avoided in the field.

Planting material and method

Mint can be propagated by vegetative method through stolon's and runners. Planting of Mint before starting monsoon season. Cut the suckers into 10 to 14 cm length. An about 450 to 500 kg of suckers are required per hectare. Spacing of Mint crop 40x 60 cm.

Manures and Fertilizers

25 tonnes of well rotten farm yard manure (FYM) should be applied per hectare. 125 kg Nitrogen, 45 kg Potassium and 65 kg Phosphorus are recommended.

Weed control

In Mint plantation, 4 weeks to 14 weeks period after planting is crucial phase for controlling weeds. Controlling the weeds in Mint is very expensive process.

Crop rotation in Mint farming

Best way of controlling weeds is to follow the crop rotation with other food crops. Continuous Mint crop is not advisable in the same field. The best rotation is Mint: Potatoes, Mint: Rice and Mint: Peas.

Irrigation

Mentha crop demands good moisture content well distributed throughout the growing period. 10-12 irrigations should be given in summer. 5-6 irrigations required in autumn crop.

Harvesting of Mint

Usually harvesting of Mint in 2-3 times in a year.

First crop harvesting in May – June (Before rainy season)

Second crop harvesting in September – October

Third crop harvesting in November- December.

Yield

Yield depends on farm management practices and variety. During first year 150-160 kg of oil per Hectare. Subsequent years, 200-250 kg per Hectare.

