

# Pennyroyal

(*Mentha pulegium*)



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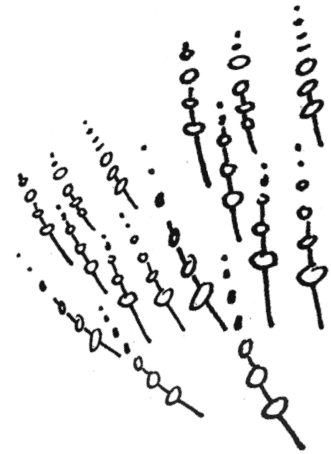
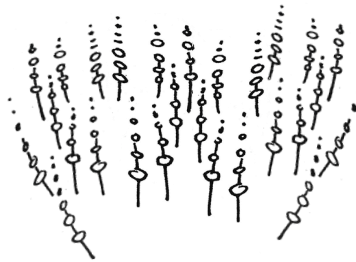
**Description:** A creeping plant with several upright stems. It has pairs of opposite leaves and lilac clusters of small, spiky flowers above each leaf pair.

**Habitat:** Marshy soils, such as pond margins and ditch edges

**Plant family:** Mint

**Size:** Up to 500 mm tall

**Food:** Sunlight



Pennyroyal is a beautiful plant that attracts pollinators during the summer and has a minty smell when the leaves are crushed. Few animals eat pennyroyal due to toxins in the plant. It is well adapted to heavily grazed nutrient poor habitats like the New Forest lawns.



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