

## Spearmint vs Peppermint (vsdiff.com)

Attribute	Spearmint ( <i>Mentha spicata</i> )	Peppermint ( <i>Mentha × piperita</i> )
<b>Taxonomy</b>	<i>Mentha spicata</i> — a true species	<i>Mentha × piperita</i> — a sterile hybrid
<b>Dominant oil compound</b>	carvone (ketone)	menthol (alcohol)
<b>Flavor profile</b>	milder, <b>sweet-herbaceous</b>	sharper, <b>cooling</b>
<b>Propagation</b>	seed-capable and vegetative	largely vegetative (rhizomes)
<b>Common uses</b>	fresh culinary uses, sauces, teas	confectionery, pharmaceuticals, inhalants

Source: <https://vsdiff.com/spearmint-vs-peppermint/>