

# News from Peacehaven



## Native Australian mint bushes

Kick off the new year with a refreshing cup of mint tea, straight from your garden! *Prostanthera* is the 'plant of the month'.

Native mint bushes are a diverse group of aromatic plants known for their menthol-scented foliage. The genus name of most native mints is *Prostanthera*, of which there are about 90 species. ***Prostanthera ovalifolia*** is used for culinary purposes in teas and cooking.

***Prostanthera scutellarioides*** grows naturally in NSW and Qld, where it attracts native bees and beneficial insects, and is also frost tolerant. The native thyme is ***Prostanthera incisa***.

Another native genus, *Mentha*, also has minty leaves: ***Mentha satureioides*** (native pennyroyal/bush mint) has edible leaves and flowers. ***Mentha australis*** (native peppermint) is used both in salads and teas.

*Prostanthera* species are fantastic in the garden as hedges, borders and enhancing cottage garden styles. They range from small to medium dense shrubs and attract butterflies, beneficial insects and small insect-eating birds. Preference is for well-drained moist soil, and some shelter from direct sun in either the ground or pots. Flowering is spring to summer and an annual pruning after flowering is recommended.

References: Australian Plant Society, NSW; Gardening with Angus.



Prostanthera

Native mint *Prostanthera* species. Photo: Angus Stewart



## From the president

Happy New Year to all, and I wish you a prosperous and inspiring 2026. I hope everyone feels refreshed and ready to enjoy another year of gardening heaven.

Visitors to the park over the past month may have noticed that a rather large branch fell off one of our gum trees during recent winds. Thankfully, no one was hurt, and the Council was prompt in removing the branch and clearing the debris.

The Nursery is set to reopen on the 5th of February, with many plants thriving thanks to the dedicated care provided by our wonderful volunteers over the break. It's a perfect time to pick up a bargain and add some beautiful natives to your garden.

Looking for a tree? Our gum trees are well established and ready to find their forever home.

I'm looking forward to continuing to work with our committee, volunteers and various teams throughout the year.

If you've been thinking about volunteering, please don't hesitate to get in touch. Everyone is welcome, and it's a lovely way to contribute to what I believe is the best park in the Toowoomba region.

-Louise de Beus, President



Large *Eucalyptus* branch obscuring the path.  
Photo: Louise de Beus



## Nursery opening hours

Nursery reopens for 2026 on 5th February 2026! Then each week thereafter as follows:

Thursdays 9am - 12.30pm

Saturdays 9am - 1pm

