

Perilla Mint



Key characteristics: leaves are heart-shaped, opposite, terminate with a pointed tip, 2 to 5 inches long, 2 to 4 inches wide and have coarsely-toothed margins. Petioles are 1 to 3 inches in length. Stems are square and mostly smooth.

Appreciation is expressed to Brent Carpenter, University Outreach and Extension Regional Farm Management Specialist for contributing this image.



Vegetative plant. Historically, the plant was grown as an ornamental and has since escaped cultivation.



Seed. Seed are globe-shaped and have a net-like covering of reddish-orange mottling. Size is slightly greater than 1.0 mm, but less than 2.0 mm.

Life cycle: summer annual.

Toxic Plant: Perilla mint, also known as purple mint or beefsteak plant, is toxic to cattle and horses. The plant causes respiratory distress with symptoms that include difficult breathing, nasal discharge and salivating. Symptoms occur following grazing in the late summer or fall. Most of the toxic ketones are contained in the flowers of the plant.