

SPEARMINT

AROMATIC, ALMOST EXCLUSIVELY PERENNIAL HERB

COMMON USES

Many types of mints are used to add flavor and spice to dishes, desserts, and beverages. Peppermint and spearmint are used most often with desserts and beverages.



HARVESTING AND STORAGE

Cut mint, using a pair of scissors. If possible, cut leaves from top of mint plant. Do not cut more than a third of the plant at a time. Wrap mint in damp paper towel and place in a plastic bag. Store in refrigerator for up to 2 weeks.



FEATURED RECIPE

Virgin Mint Julep

- 1/4 cup water
- 1/4 cup white sugar
- 1 tbsp chopped mint leaves
- 2 cups crushed ice
- 1/2 cup lemonade
- fresh mint for garnish

