

Mint Menta



Try It!



Selection

When purchasing mint already harvested be sure the leaves are green in color and free from orange speckled spots.

Be sure to store mint in the refrigerator and use it right away, unless you are going to dry it or freeze it. Use mint immediately after purchasing it.

Uses

Mint is ideal for soups, salads, sauces, meats, fish, poultry, stews, chocolate dishes and lemony deserts. Peppermint is most often used for teas and sweets, and spearmint is used for meat sauces and jellies and is especially good with vegetables.

FLAVORED WATER

Ingredients

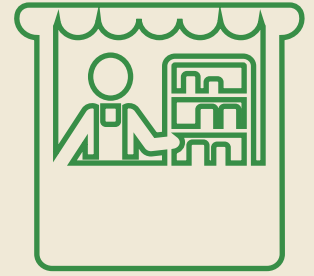
- 1 cup watermelon pieces
- 1 lime, sliced
- 5 mint leaves

Instructions

1. Wash all produce
2. Collect, slice and measure all ingredients before starting to prepare the recipe.
3. Add all ingredients plus enough cold water to fill a 2-quart pitcher.
4. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink.
5. The fruit will stay fresh in the water for up to 48 hours after being prepared.
6. After you drink the water, you can eat the fruit or blend it into a smoothie.

History & Fun Facts

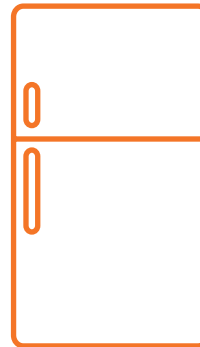
Mint has been an important herb since the early start of civilization. Romans are responsible for carrying the herb throughout Europe. Mint was known to be treasured as an important aromatic herb in medieval times. Peppermint is thought to have originated in Northern Africa and the Mediterranean. In an ancient Egyptian medical text dating to 1550 BC, mint is listed as calming to stomach pains. Mint was so valued in Egypt that it was used as a form of currency.



BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.



Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Be sure that the produce you purchase does not have any bruising or damage.
- Thoroughly wash all produce right before eating, not when you get it home.
- Be sure to keep fresh fruits and vegetables separate from meat and each other in the refrigerator.

NUTRITION FACTS

- _____ Fat free
- _____ Cholesterol free
- _____ Good source of iron
- _____ Good source of Vitamin C
- _____ Good source of fiber.



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; <https://recipes.heart.org/>

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