

Recipes



Apple mint *Menthe suaveolens*

Tips for Use:

- Add bruised leaves to water, along with lemon slices for a refreshing flavored water
- Muddled leaves can be added to hot and cold beverages, including cocktails
- Dry leaves for hot tea, alone or in a blend along with cinnamon and other spices
- Top desserts, add to fruit salads, make salad dressings, chutneys, or jellies
- Leaves may be candied

Apple Cinnamint Tea Blend

Save apple peel from unwaxed red apples to dry for tea blends.

3 cups dried apple mint leaves, crushed
½ cup dried apple peel, broken into small pieces
½ cup coarsely cracked cinnamon sticks (about 4-inch sticks)

Combine dried ingredients. Store in airtight container. Yields 4 cups dried.

Hot Apple Cinnamint Tea

3 tablespoons tea blend
6 cups boiling water

Place the tea blend in a paper coffee filter. Tie with string to form a bag. Place in scalded teapot. Add boiling water. Cover pot with tea cozy and let steep for 20 minutes. Yields 6 servings.

Apple Dazzle Cooler

4 cups brewed Apple Cinnamint Tea, cooled
1 cup apple cider or apple juice
1 cup sparkling soda

Combine ingredients and serve over ice. Yields 6 servings

Cooking with Herb Scents
The Western Reserve Herb Society

Fresh Fruit with Mint

1 whole fresh pineapple
½ cup sugar
¾ cup fresh mint leaves (like apple or pineapple mint), coarsely chopped
1 pint fresh strawberries
Fresh sprigs of mint for garnish

Cut off the top and bottom of the pineapple. Peel and slice into rings. Sprinkle sugar and mint over the pineapple. Store in a plastic bag in the refrigerator for at least six hours. Wash and hull the strawberries. Add to the pineapple and serve garnished with sprigs of fresh mint.

Jennifer F. Jordan, HSA Tidewater Unit

The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Pineapple Mint Mojito

10 fresh pineapple or apple mint leaves
½ lime, cut into 4 wedges
2 tablespoons white sugar, or to taste
1 cup ice cubes
1 ½ fluid ounces white rum
½ cup club soda

Place mint leaves and 1 lime wedge into a sturdy 12-ounce glass. Use a muddler to crush the mint and lime and to release the essential oils and lime juice. Add 2 more lime wedges and sugar, muddle again. Do not strain mixture. Fill the glass almost to the top with ice. Add rum and fill with the club soda. Stir, taste and add more sugar if desired. Garnish with remaining lime wedge and a sprig of pineapple or apple mint.

Dave M. Kennedy

**Do you have a recipe using apple mint to share?
Please send it to Educator@herbsociety.org**