



TIPS

- Use fresh mint leaves to garnish fresh fruit, iced tea, hot chocolate, and mint-flavored desserts
- Steep 1 tablespoon fresh or 1 teaspoon dried mint to one cup of water to make mint tea.
- Experiment using different varieties of mint in recipes such as orange, apple, ginger and pineapple.
- Keep mint in a handy location near the kitchen and favorite places to sip iced tea by incorporating mints into container gardens and hanging baskets.
- *M. xgracilis* 'Madalene Hill' combines both spearmint and peppermint flavors. This "double mint" taste makes it an excellent culinary variety.
- Variety *M.spicata* 'Kentucky Colonel' is the sweet spearmint most often used in mint juleps. It is also an excellent culinary variety.

PINEAPPLE MINT MOJITO

10 fresh pineapple mint leaves

½ lime, cut into 4 wedges

2 tablespoons white sugar, or to taste

1 cup ice cubes

1½ 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 and muddle again. Do not strain the mixture. Fill the glass almost to the top with ice. Add rum and fill with club soda. Stir, taste and add more sugar if desired. Garnish with remaining lime wedge and a sprig of pineapple mint.

Dave M. Kennedy

MINTED GRAIN SALAD

1 ½ cups cooked brown rice

2 tablespoons chopped fresh parsley

½ cup sliced green onions

2 tablespoons chopped fresh mint

2 ripe tomatoes, seeded and diced

3 tablespoons fresh lemon juice

½ cup diced cucumber

1 tablespoon extra virgin olive oil

1 cup canned black beans, rinsed and drained

Freshly ground black pepper

Mix all ingredients together in a large mixing bowl. Cover and chill for 2 hours or more. Serve on a bed of dark green lettuce.

Tester's note: *Proportion of beans to rice and tomatoes was good. Tastes like tabouli – yum!*

Jennifer F. Jordan, HSA Tidewater Unit
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HERBED YOGURT SOUP

4 cups plain yogurt

1 ½ cooked meat or vegetables

3 cups chicken or vegetable stock

3 cloves garlic, minced

1 egg

4 tablespoons spearmint or peppermint leaves,
crushed

2 tablespoons cornstarch

Salt and pepper to taste

1 ½ cooked brown rice

Combine yogurt, stock, egg and cornstarch in a blender. Pour into a heavy saucepan and cook over medium heat just until the mixture begins to boil. Lower the heat.

Sauté garlic in a small pan in a little oil just until cooked and fragrant. Do not overcook.

Add garlic, cooked rice, and meat or vegetables to the soup. Stir in crushed mint, salt and pepper to taste. Continue cooking over low heat until all ingredients are heated and flavors have blended. Yields about 2 quarts.

Author's note: *I learned to make this soup while living in the Middle East, where every family has their own variation. The most important thing, I was told, was that you must never cover the pot and the soup must always be stirred in the same direction until it reaches the boiling point. These recipes have been handed down for hundreds of years, so I'm not going to go against their collective wisdom!*

Rita Salman, HSA Baton Rouge Unit
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FRESH FRUIT WITH MINT

1 whole fresh pineapple

½ cup sugar

¾ cup fresh mint leaves, 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 6 hours. Wash and hull the strawberries. Add to the pineapple and serve garnished with sprigs of fresh mint.

Jennifer F. Jordan, HSA Tidewater Unit
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The Herb Society of America's Essential Guide to Growing and Cooking With Herbs, edited by Katherine K. Schlosser, can be obtained [here](#).