

MINT

Description/Taste

Mint is grown for its aromatic and flavorful leaves. Oval and serrated, the leaves of mint are indented with veins and come to a point. They impart a fresh clean scent and a strong mint flavor with sweet overtones. Leaves are commonly bright to dark green in color but some varieties can be purple, gray-green or even pale yellow. If allowed to flower mint will produce white and lavender to purple petite blooms. Young leaves will have the best flavor and texture, leaves allowed to mature on the plant for too long will become bitter and woody in flavor. The cool taste and sensation mint imparts is a result of the naturally occurring compound, menthol contained in the herb.

Seasons/Availability

Mint is available year-round.

Nutritional Value

Mint is rich in vitamin A and vitamin C as well as in the trace mineral manganese. In addition to being a popular culinary herb mint is prized for the medicinal and therapeutic properties of its aromatic oil. Gum and after dinner mints have not only been popularized for their ability to freshen ones breath post meal but additionally due to mints ability to help combat nausea, cramping and indigestion. Inhalation of steam scented with mint oil is said to help with respiratory problems such as asthma and bronchitis and also in aromatherapy to help ease mental sluggishness and agitation.

