
Selection

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

Look for the young and tender leaves as they tend to be the most flavorful.

There are many varieties of mint, everything from spearmint to peppermint to orange mint. Make sure to select the variety that's right for what you want to use the mint for!

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Fresh mint is highly perishable and should be stored in the refrigerator wrapped in a slightly damp paper towel.
- ◆ Wash produce only right before you intend to use it.
- ◆ Keep produce and meats away from each other in the refrigerator.

Why Buy Local?

- ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
- ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
- ◆ Buying local lets you see and meet the people who produce our food.
- ◆ Local foods taste good!



FOR MORE INFORMATION...

Contact your local Extension office:

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Mint
Menta

Uses

Mint is ideal for soups, salads, sauces, meats, fish, poultry, stews, chocolate dishes and lemon desserts.

Peppermint is most often used for teas and sweets. Spearmint is used for meat sauces and jellies, and is especially good with vegetables.



Applesauce Mint Nut Bread

Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Good source of Fiber
- ♦ Good source of Vitamins A and B6
- ♦ Good source of Iron

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Primary Sources: University of West Virginia-Extension; Utah State University Cooperative Extension; Photos found on Google images

Try It!

Applesauce Mint Nut Bread

INGREDIENTS

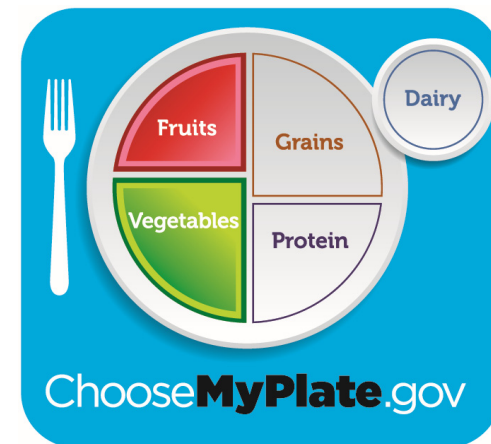
2 cups	Unbleached flour
3/4 cup	Brown sugar, firmly packed
1 Tbsp.	Baking powder
1 tsp.	Herb salt (optional)
1/2 tsp.	Baking soda
1/2 tsp.	Cinnamon
1/2 tsp.	Nutmeg
1 cup	Nuts, chopped
1	Egg, beaten
1 cup	Applesauce
1 tsp.	Dried mint or 1/4 cup chopped fresh mint
1/4 cup	Olive oil

INSTRUCTIONS

1. Mix the dry ingredients and nuts together in a mixing bowl.
2. Combine the egg, applesauce, mint, and oil; add to the dry ingredients and stir until just blended.
3. Pour the batter into a greased loaf pan and bake in a 350 oven for about 50 minutes.
4. Cool on a rack. When the bread is completely cool, wrap in plastic or foil.

Yield: 4 servings

Recipe Source: www.recipesource.com



History & Fun Facts

Mint has been an important herb since the early start of civilization. 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.

The U.S. produces about half the world's peppermint.