



Mint

What is it?

Mint is an aromatic herb produced by various species of the mint plant (*Mentha*). Native to the eastern Mediterranean, mint gets its name from a mythic nymph named Minthe. The mint plant is common and a favorite of many gardeners, so it's easy to grow your own. As an herb, it is gluten-free and suitable for vegan, vegetarian, and paleo diets.

What does it taste like?

Mint tastes sweet and produces a lingering cool effect on the tongue. Peppermint has a stronger flavor with more menthol taste. The fresh leaves have the most flavor and scent, with those much reduced in dried mint leaves.

What to do with it?

Mint can be chopped, roughly or finely or cut in thin ribbons. Add mint to vegetable salads, pestos, salsas, sauces, marinades, and grain or pasta salads of all kinds. Sprinkle fresh mint over sliced garden vegetables like tomatoes and cucumbers, drizzled with olive oil and sprinkled with kosher salt.

How to store?

Store fresh mint in the refrigerator or place the stems in a container of water and cover the leaves loosely with a plastic bag. Dried mint should be stored in a cool, dark place in a sealed jar.