MINT

Types

Spearmint: Spearmint has a sweet flavor.

Peppermint: Peppermint contains more menthol than spearmint, so peppermint's flavor is more intense.

Selection Info

Look for vibrant green leaves. Avoid brown or wilted leaves.

Preparation

Rinse under cool stream of water and pat dry. Remove leaves from stem and discard stem. Stack leaves on top of each other and crush, or cut them into strips.

Storage

Short-Term Storage: Wrap fresh mint in a moist paper towel, place it in a ziptop plastic bag, and store in the refrigerator. It will keep in this way for serveral days.

Long-Term Storage: Mint can be frozen or dried.

HOT AND SWEET WATERMELON

Ingredients

3/4 teaspoon whole peppercorns or coarsely ground black pepper

1 1/2 teaspoons mint leaves (very finely chopped)

6 cups seedless red watermelon (cut into 3/4-inch cubes)

Fresh mint leaves

Directions

1. Place peppercorns on a chopping block. Use the bottom of a heavy saucepan to crush the peppercorns. Place the saucepan over the peppercorns and press firmly down. Crush peppercorns into a semi-coarse texture.
2. Combine the ground peppercorns with finely chopped mint.
3. In a large bowl, toss spice mixture gently but thoroughly with watermelon cubes.
4. Chill this mixture until ready to serve.
5. Spoon into 4 individual serving glasses or bowls and serve with a fresh mint leaf.

Learn more about **MINT** by scanning the QR code above or by visiting https://extension.purdue.edu/foodlink/food.php?food=mint.

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Nutrition Information

Serving Size	1/4 of recipe

Nutrients	Amount
Total Calories	71
Protein	1g
Carbohydrates	18g
Dietary Fiber	1g
Total Fat	0.4g
Saturated Fat	0g
Cholesterol	0mg
Sodium	2mg

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