

APPLE MINT

- TYPE:** Perennial
- SUN:** Full Sun to Partial Shade
- HEIGHT:** 8 to 12 inches
- GROWING IT:** Mints like lots of sun and water. They are best grown in containers as they spread. Pinch tips to promote a compact growth.
- PARTS USED:** Leaves.
- HARVEST:** Pinch or cut leaves during growing season and use fresh or dried as needed..
- CULINARY:** Leaves can be used to flavor teas, in iced drinks, sauces, and jellies. Can also be used as a garnish.
- AROMATIC:** Leaves can be added to potpourris.

TRY IT!

APPLE MINT JULEP

- 2 c. fresh apple mint, chopped
- 8 c. apple juice
- ½ c. fresh lime juice
- Mint sprigs for garnish

Place chopped mint on a double layer of cheesecloth. Gather edges of cheesecloth together and tie. Place cheesecloth and apple juice in a large saucepan, bring to a boil. Remove from heat, cover, and let cook. Discard cheesecloth bag and pour into large pitcher. Stir in lime juice and add ice cubes. Garnish with additional mint sprigs.

