

GRAPEFRUIT MINT

- TYPE:** Perennial
- SUN:** Full Sun to Partial Shade
- HEIGHT:** 8 to 12 inches
- GROWING IT:** Mints like sun and lots of water. Best grown in a container or a large area where it can spread. Attracts butterflies.
- PARTS USED:** Leaves.
- HARVEST:** Pinch or cut leaves as needed. Cut curly mint to the ground in late fall and it will be fresh and crisp in spring.
- CULINARY:** Can be used in tea and iced drinks. Excellent in meat sauces and jellies.

TRY IT!

MINT BERRY SALAD

- 2 c. fresh mint leaves (stems removed, cut in half)
- 2 pt. fresh strawberries
- 1 pt. raspberries
- 1 pt. pineapple
- 1 pt. blueberries
- 1 pt. oranges
- 2 Tbs. fresh squeezed orange juice
- 2 Tbs. grated orange zest

Wash all of the fruits and cut the strawberries into small pieces (halves or quarters depending on size). In a large bowl, mix all of the fruit together. In a separate bowl, mix the orange juice, mint leaves, and orange zest together. Once this is all mixed together, combine the dressing with the berries and serve.

