

# PEPPERMINT

- 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:** Fresh mint leaves chopped or whole improves fruit and most green salads. Used most commonly in tea.

## TRY IT!

### BASIC HERBAL TEAS AND BEVERAGES

Herbal teas are one of the easiest ways to enjoy herbs, as well as the benefits from their active ingredients. Calorie-free and without caffeine, drink the fragrant results hot or cold. The proportion is always three times as much volume of fresh herbs to dried herbs.

Some of the most common herbs uses for teas:

Peppermint	Rosemary
Apple Mint	Chamomile
Spearmint	Ginger Mint
Lemon Verbena	Orange Mint
Lemon Balm	Pineapple Mint
Thyme	Curly Mint
Feverfew	Lemon Mint
Grapefruit Mint	Pineapple Sage

### Instructions:

Pour boiling water over fresh or dried herbs, then let infuse for 5 to 10 minutes (or use special tea infuser which hangs in your cup). You can sweeten with honey or try Stevia fresh or dried as a sugar substitute.

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