

# SPEARMINT

- 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:** Often used with lamb. It is also excellent with peas, new potatoes, and fruit salads. Steep leaves in cream for making mint chocolate dishes. Also used in mint sauces, teas, iced drinks, and punches.

## TRY IT!

### RACK OF LAMB WITH HERB & MUSTARD CRUST

- 2 slices of bread
- 2 Tbs. fresh parsley, chopped
- 1 Tbs. fresh rosemary, chopped
- 2 Tbs. fresh basil, chopped
- 1 clove garlic, minced
- 2 racks of 8 lamb chops
- Olive oil
- 3 Tbs. Dijon mustard

Tear bread into pieces and place in food processor. Add parsley, rosemary, basil, and garlic. Pulse to make fine crumb mixture. Heat oil in heavy bottomed frying pan and sear lamb on all sides. Brush mustard over lamb, then press into bread crumb mixture. This can be done ahead of time. Preheat oven to 400 degrees F. Roast for 20-30 minutes for medium rare. Remove from oven and rest lamb for 5 minutes before carving into chops.

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# SPEARMINT, cont.

## FRESH MINT PESTO

- 2 c. fresh spearmint
- ¼ c. chopped onion
- ¼ c. lime juice
- 2 Tbs. white wine vinegar
- 2 Tbs. sugar
- ¼ c. chopped parsley

Combine ingredients in blender or small food processor and puree. Chill and serve with lamb.

