

## *Mentha* – The Mint Family

### Growing Tips:

- Mints are known for being rambunctious growers. The variegated varieties are somewhat better behaved than their green-leaved cousins.
- If their vigorous growth makes you crazy, try growing them in large containers. Bury the containers in the ground to ensure they will survive the winter.
  - Mints like water. Lots of water!
  - Most mints do well in full sun or partial shade.

### Using Mints:

- In tea, of course! Add a couple of ounces of mint and 6 tea bags to a gallon of water and let it sit in the sun for a few hours. Strain out the herbage and you've got Sun Tea!
- Mint also dries well and makes a wonderful herb tea to enjoy all winter long.
- Add mint to green salads. Use it a bit sparingly, as it can overwhelm other flavors.

### **Zucchini Salad with Mint and Lemon**

A great way to use up all those zucchini!

5 small zucchini (about 1 ½ lbs.)  
3 Tablespoons olive oil  
3 garlic cloves, minced  
4 ½ Tablespoons fresh mint, chopped  
Juice of one lemon  
Salt and pepper to taste

Cut each zucchini into thin slices, lengthwise. Heat ½ of the oil in a large skillet. Add ½ the zucchini and half the garlic. Cook for about 4 minutes and then use tongs to flip the slices over. Sprinkle with salt, pepper and 1 ½ Tablespoons of mint. Cook 3-4 minutes or until slices are golden brown. Transfer slices to a serving platter and repeat the process with the rest of the zucchini. After all the zucchini is cooked and placed on the serving platter, sprinkle it with the lemon juice, salt and pepper and the remaining 1 ½ tablespoons of mint. Serve at room temperature.

*Hummingbird Farm*

HummingbirdFarm.net \* Cindy Tibbetts  
202 Bean Street Turner, Maine 04282  
(207) 224-8220 [hummingbird@megalink.net](mailto:hummingbird@megalink.net)

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