

MINT

HARVEST OF THE MONTH

March {Mint}ness

Mint is part of a 25 species genus of fragrant herbs including peppermint or spearmint. It is native to North America, Southern Africa, and Australia. It can be used fresh or dry in many dishes or fragrances. Mint oil is often infused in toothpaste, gum, candy, and beauty products.



March

Mint to Be

Having the ability to incorporate herbs such as mint to add flavor in cooking could help limit sodium intake

Nutrient Content

Antioxidant capacity in mint is huge! It is said to have one of the highest capacities of any food. Antioxidants help protect against cell damage.