



MINT

MINT HAS A RELAXING SCENT THAT CAN ALSO BENEFIT THE DIGESTIVE TRACT AND AID IN PAIN MANAGEMENT.

HEALTH BENEFITS:

- ENHANCES MEMORY.
- INCREASES ALERTNESS.
- CALMS UPSET STOMACHS.
- REDUCES STRESS.
- EASES HEADACHE PAIN.
- BOOSTS ENERGY.
- SOOTHES COLD SYMPTOMS.

CAUTION:

NOT RECOMMENDED FOR CHILDREN UNDER 5 YEARS OF AGE

SOWING:

PLANT SEEDS DIRECTLY ON THE SOIL SURFACE, NOT COVERING THEM WITH ANY SOIL BECAUSE THEY NEED LOTS OF LIGHT TO GERMINATE. TRANSPLANT HERBS TO LARGER POTS OR IN OUTDOOR CONTAINERS WHEN THE WEATHER IS WARMER.

NEEDS:

MINT IS VERY ADAPTIVE. THEY THRIVE IN FULL SUN AND PARTIAL SHADE AND WARM TEMPERATURES.

GERMINATION AND GROWING:

MINT CAN TAKE ANYWHERE FROM 1-4 WEEKS TO GERMINATE. PLANTS GROW VIGOROUSLY.

HARVEST:

LEAVES

TEAS AND INFUSIONS:

GO-TO METHOD, QUICK AND EASY

- TAKE DRIED OR FRESH LEAVES/FLOWERS
- PUT IN CUP
- POUR HOT WATER OVER IT
- STEEP FOR A FEW MOMENTS

QUANTITY:

CUP - 1 TSP DRIED HERBS OR 2 TSPS FRESH HERBS
POT - ¼ - ½ C DRIED HERBS OR 2 C FRESH HERBS
(STORE IN FRIDGE OR DARK COOL SPACE NO MORE THAN A DAY OR 2)