

MINT

This month's Harvest of the Month is mint! Known for its fresh flavor and cooling aroma, mint is a favorite herb for everything from teas and smoothies to salads and sauces. In Nebraska, mint grows well in summer gardens and can even be grown indoors in a sunny window. With varieties like spearmint, chocolate mint, and orange mint, there's a type for every taste. It's not only flavorful but is also packed with beneficial nutrients and natural oils. Let's explore how to grow, store, and enjoy this refreshing herb!

SELECTION, STORAGE & COOKING

- Choose mint with bright green, fragrant leaves and avoid bunches with yellowing or wilting.
- Store fresh mint in a glass of water on the counter or wrapped in a damp paper towel inside a plastic bag in the fridge.
- For long-term use, freeze chopped mint in ice cube trays with water or dry leaves for homemade teas.

NUTRITIONAL VALUE

Mint is rich in antioxidants and contains vitamins A and C. It also has antibacterial properties and may help support digestion and relieve mild nausea.

SEASONAL AVAILABILITY



MINT CHOCOLATE BANANA SMOOTHIE

Ingredients:

- 1 ripe banana
- 1/2 cup milk (or dairy-free alternative)
- 1 tbsp cocoa powder
- 6–8 fresh mint leaves
- 1/2 tsp vanilla extract
- 1/2 cup ice
- Optional: 1–2 tsp honey or maple syrup for extra sweetness

Directions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Taste and adjust sweetness if needed.
4. Serve immediately, garnished with a mint leaf if desired.



LEARN MORE ABOUT NEBRASKA HARVEST OF THE MONTH

www.education.ne.gov/ns/farm-to-school/harvest-of-the-month



MINT WORD SEARCH



SPEARMINT
PEPPERMINT
APPLE MINT
LEMON MINT
CHOCOLATE MINT

ORANGE MINT
GINGER MINT
TEA
REFRESHING
COOL

DESSERT
AROMA
FRAGRANT

Z P C A G D R Z E U T F A D P
U D E Y P I W K E E E R L F T
S L O P J P N A M G A O Y R U
P P E U P I L G P R A O V A Q
U D E M O E C E E C M E N G R
C E E A O B R M M R O A C R Q
F N D S R N G M S I M J U A O
U K H I S M M A I Z N I T N V
C X Y T S E I I Z N Z T N T I
O D V Z P Y R N N D T I L T O
O N X I D W L T T T K L V Y D
L T C H O C O L A T E M I N T
W X A R O M A X E P K L G G O
O N T H V O R A N G E M I N T
R E F R E S H I N G E D Y B T