



## Mint

### How to Prepare

Mint is a fantastic herb that pulls double duty. It is great in sweets and desserts, but also adds balance to a variety of savoury dishes. Mint has been a mainstay in cooking on nearly every continent, and is used in teas, extracts, fragrances, candles, soaps, moisturizers, and a variety of other health and beauty products.

In the garden, mint has a tendency to spread, and for some gardeners it can seem like a weed. But its tendency to take over is balanced by its tendency to attract pollinators.

Mint is best used fresh, and it loses much of its flavour if dried. Keep fresh mint wrapped in a damp paper towel in the refrigerator to improve its shelf life. The fresh mint flavour can also be preserved in fats like coconut oil, or sugars like honey. If you're running out of uses for mint in the kitchen consider making fragrant pot-pourri.

### Try Using Mint:

- In watermelon and feta salad;
- Added to chocolate chip cookies;
- In iced tea or lemonade;
- Made into fresh iced cream;
- In cold summery drinks;
- In yogurt dips;
- In bean salads;
- Condiments like chimichurri;
- With roasted lamb;
- With fruit & whipped cream;
- With fresh peas; and
- In spring rolls or salad rolls.

### Nutrition Highlights

- High in vitamin A and C;
- High in calcium and iron;
- A good source of dietary fiber;
- A source of folate and zinc;
- High flavour, low calorie.

## Nutrition Facts

Serving Size 1 ounce 28g (1 ounce (28g))

### Amount Per Serving

**Calories** 20 Calories from Fat 2

### % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 9mg 0%

**Total Carbohydrate** 4g 1%

Dietary Fiber 2g 9%

Sugars

**Protein** 1g

Vitamin A 24% • Vitamin C 15%

Calcium 7% • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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## Recipe: Watermelon and Mint Salad

### Ingredients

1/3 cup of butter  
2 tbsp finely chopped chives  
1 tbsp lemon juice  
1 tsp finely grated lemon peel  
½ tsp salt  
dash of black pepper

### Instructions

Melt butter in a small saucepan on low heat, stirring constantly to avoid burning  
Add remaining ingredients and heat through

This beautiful sauce is sophisticated in taste and presentation, but is incredibly easy to make.

Try this sauce with grilled chicken, baked fish, asparagus, or over baby potatoes.

Chives give such a gorgeous pop of fresh green colour and subtle garlicky onion flavour that it's best to add them at the end of a dish to preserve their appearance and taste.