

- **Mixed Field Greens**
- **Field Arugula**
- **Chard**
- **Tarragon**
- **Mint**
- **Green Tomatoes**
- **Lemongrass**
- **Lemon Verbena**
- **Butternut Squash**
- **Basil**

From a simple glass of tea to a yogurt dressing or even into a salsa, mint is used around the world in a variety of recipes. At a



middle eastern restaurant the eggplant was served steamed with tomatoes and topped with a yogurt mint dressing. Tabouli salad, also of that region, classically features mint. One fish recipe that I like includes a mint salsa, with ginger and garlic, chopped fresh and added as topping. There are many reasons to want to include mint in our recipes besides the fresh flavor added. The non-profit George Mateljan Foundation says the following about mint: “In the world of health research, randomized controlled trials have repeatedly

shown the ability of peppermint oil to relieve symptoms of irritable bowel syndrome, including indigestion, dyspepsia, and colonic muscle spasms. These healing properties of peppermint are apparently related to its smooth muscle relaxing ability. Once the smooth muscles surrounding the intestine are relaxed, there is less chance of spasm and the indigestion that can accompany it.” Because we struggle with allergies and asthma in my family, this was of note: “Peppermint contains the substance rosmarinic acid, which has several actions that are beneficial in asthma. In addition to its antioxidant abilities to neutralize free radicals, rosmarinic acid has been shown to block the production of pro-inflammatory chemicals, such as leukotrienes. It also encourages cells to make substances called prostacyclins that keep the airways open for easy breathing. Extracts of peppermint have also been shown to help relieve the nasal symptoms of allergic rhinitis (colds related to allergy).” Wow! medicine as easy as brewing a cup!

To your health and pleasure, always!

