

# Microgreens, Cucumber and Mint galore

- **Cucumber**
- **Baby Tatsoi**
- **Field Mix**
- **Watercress**
- **Dill**
- **Chives**
- **Mint**
- **Chard Bunch**
- **Micro Mustard**
- **Turmeric \***
- **Ginger \***

\*will select pieces from display to avoid over-refrigeration

**2017 CSA**

**Spring**

**April 29<sup>th</sup>**

The Foxfield weekend is when we sell the most mint and we make emergency deliveries as the stores run out...and it is often times blamed on a classic mixed drink: the Mint Julep.



The mint julep is a mixed alcoholic drink, or cocktail made with bourbon whiskey, water, crushed or shaved ice, and fresh mint. The mint is “muddled” in the glass with a bit of water, which is just crushing the the mint to release the aromatic flavor of the herb. The ice is added and the glass filled with the bourbon, classically garnished with a sprig of mint. The mint, dill and chives can all be used to enhance a cucumber and yogurt salad, either separately or combined. The herbs can be added to couscous or rice to infuse the meal. We enjoy making minted teas, mint jelly, mint syrup for longer storage, mint crème pops as a summery treat and mint for chocolate cakes, cookies and gelato. With the heat starting to rise, adding mint to the mix can soothe and relax. The mint can also be used to make a nice mist which can be spritzed about you when a hot day strikes or when a quick refresher is needed. Take a cup of mint leaves and cover with boiling water and let it sit overnight. Strain your mint infusion to remove leaves and pour some into a mist bottle which

is often times found in stores where the travel size toiletries are. Store the rest of your brew in the fridge for longer life. For a seriously cool experience, chill the mist bottle too. A handful of leaves can be added to the day’s water bottle to lightly flavor it, even when refilled. To further store away mint, lay any remaining sprigs out on cookie sheets covered with wax paper, carefully paying attention to not piling it up so the air can dry it easily. These sheets can be stacked on the racks in your oven and dried. Break up dry mint into jars for months of storage and have instant access to a traditional calming antispasmodic herb used for thousands of years for upset stomach, nausea, headache, cramps and indigestion.

