

# Harvest of the Month



Mint

## FUN FACTS:

No herb is more widely known than the fragrant mint. It is aromatic with a cool and refreshing aftertaste.

Over 600 varieties of mint are known. The most common are peppermint and spearmint.

Mint leaves and its essential oils are widely used in tea, cookies, chocolates, candies, shampoo, chewing gum, mouthwash and toothpaste.

Mint aids in digestion and relieves indigestion.

This institution is an equal opportunity provider.

