

# Mint

Yummm.....the cooling effects of mint is a delight in the summer! Add mint to water, salads, mojitos &, chutneys. Dry mint to make tea during the winter. Use a mortar and pestle on some mint and put it in your water bottle to sip on all day long, add some lemon for a bit more zing! Chop it up and throw on top of a spicy stir-fry. Make mint tea like grandma used to, or Mojitos like grandma wouldn't tell you about.

## **Dale's Classic Tea** (Farm Family Favorite)

Boil about a gallon of H<sub>2</sub>O. Turn off. Add mint allow too steep for 20 min. with a lid on. Remove the mint add honey or sugar to taste and refrigerate until you need and instant cool down!

**Mint Vinaigrette!** (Workshare Lunch) Notes from an old newsletter: It has become a farm staple, and if I don't print this recipe the workshares may revolt. It tastes great as a salad dressing or over sautéed veggies and quinoa.

1 c. packed mint

1/3 c. lemon juice

1 ½ c. olive oil

½ c. apple cider vinegar

1 T. sugar

Put mint, lemon juice, vinegar and sugar in blender. Blend until well mixed and mint is finely chopped. Turn blender on and add oil.

## **Lemon Mint Vinaigrette**

1/3c Lemon juice

1TBS Dijon Mustard

1tsp Honey

1 Garlic Curl, minced or garlic clove

1/3c Olive oil

1/3c Mint, chopped

Salt n' Pepper

Whisk lemon juice, mustard, honey, & garlic in a small bowl until blended; slowly start adding olive oil until creamy. Stir in mint and salt n' pepper.

## **Mint Lemon Dressing**

1 Tbls olive oil

2 tsp fresh lemon juice

1 tsp chopped mint

1/2 tsp grated lemon zest

Salt and pepper to taste

Whisk all ingredients in a bowl until well combined. \*Farmer John's Cookbook

Here is my new obsession...

Grate a cucumber and put in a blender, add mint leaves and yogurt. Process until well pureed. It makes a great dressing, although the bit that did not fit in the jar, I just drank! YUM!!

## **More Mint Recipes:**

**Chocolate Mint Spinach Smoothie**

2c Almond Milk  
2-3 handfuls Spinach  
1 Banana  
approx. 10 Mint leaves  
1TBS Cacao powder  
Dash of Cinnamon  
Add all ingredients to a blender, blend until smooth.

### **Mint-Basil Frozen Pops**

1c Plain Greek Yogurt  
10-15 Strawberries chopped  
8 Mint Leaves  
6 Basil Leaves  
2TBS Honey.  
Combine all ingredients in a food processor or blender. Pour mixture into a molds & freeze for 8 hrs. or overnight.

### **Mint Simple Syrup**

1 1/4 cup chopped mint  
1 cup unrefined sugar  
1 cup water  
Combine all ingredients in a saucepan and heat over low heat until sugar dissolves. Strain the syrup through a sieve. Press on the mint leaves to release as much mint flavor as possible. Serve over ice with sparkling water or use for mojitos.

### **Simple Summer Pasta**

Pasta of choice  
Cosmic raw butter  
Shelling peas  
Zucchini or squash, diced  
Garlic, chopped  
Tomatoes, chopped  
Mint leaves  
Shell the peas from their pods. Boil the pasta per instructions. For a gluten-free option, make the zucchini into noodles and steam. Heat plenty of butter in a skillet. Sauté the peas and zucchini or squash until tender. Add some chopped garlic at the end. Toss the peas and zucchini with the pasta or zucchini noodles, tomatoes, mint, salt and pepper and olive oil if desired.

### **Mojito Marinade**

2 shallots, peeled and trimmed  
¼ cup coarsely chopped mint  
¼ cup rum  
1 T grated lime zest  
½ cup lime juice  
3 T honey  
2 T olive oil  
1 T kosher salt

Place all ingredients into food processor. Pulse until shallots are finely chopped. Pour marinade into shallow baking dish for 1-2 pounds of your favorite cosmic meat or veggies. Marinate for a few hours and throw it on the barbie!

### **Mint Glazed Turnips**

4 small turnips, quartered  
2 tablespoons butter  
2 tablespoons honey  
2 tablespoons finely minced fresh mint

Put turnips in a heavy-bottomed pot with water to cover, and boil gently until tender; about 15 min. Drain, and return to pot with the butter, honey and mint. Cook, stirring frequently, until the honey and butter are absorbed, and they begin to brown a little.

### **Kale Salad with Yogurt Mint Dressing**

½ lb. Kale stems removed, cut into thin ribbons  
¼ c. yogurt  
1 T. lemon juice  
1 clove garlic, minced  
1 T. mint leaves, chopped  
Salt and pepper to taste  
1/3 c. grated parmesan

Place kale in a large bowl. In another bowl, whisk together yogurt, lemon juice, garlic and mint. Season with salt and pepper. Add the dressing to Kale and toss until completely coated. Add Parmesan and toss until combined.

### **Eggplant with Tomato, Garlic and Mint**

1 med. eggplant (or 2 Japanese eggplant) – sliced into 1.5 inch long and 1/4 inch thick strips or into 1/3 inch thick circles  
3 cloves of garlic  
2 green chili pepper, (you can use the spicy ones if you want more heat)  
1/2 c. fresh mint leaves, divided  
1t. Coriander seeds  
1 c. onion sliced into thin half moons  
1 large tomato grated or very finely chopped  
3 T. oil salt to taste  
1/2 t. turmeric some toasted pine nuts, optional  
1 t. red chili powder, optional  
Some more fresh mint leaves for garnish

Wash and slice the eggplants. Sprinkle a lot of salt on the slices, toss well for the salt to cover the surfaces of the slices and allow them to sit for about 30-45 min. in a colander. This will take out the bitterness Rinse well and squeeze out the water. Pound or process the garlic cloves, coriander seeds, chili pepper and 1/4 cup mint leaves into a coarse paste. Shred the rest 1/4 cup fresh mint leaves and set aside. Heat oil in a heavy bottomed pan. Add the onions and cook until they are softened and starting to turn golden. Add eggplants to the pan. Add salt, turmeric and chili powder. Cook on high heat while stirring constantly to prevent sticking at the bottom of the pan. When the eggplants start to have brown spots at the edges, add the mint coriander garlic paste and the tomatoes. Stir everything in, lower the heat and cover the pan. Cook covered until the eggplants soften and are cooked through. Uncover and cook, while stirring and tossing; if the spice mix sticks to the pan, add a splash of water. Cook until the mix dries off and there is only enough water for the spices to coat the eggplants. Adjust salt. Stir in the shredded mint and the toasted pine nuts if you are using them. Remove from heat. Garnish with more mint and serve warm with flat breads or over rice/pasta.

### **Mint and Bean Salad**

1 lb. Fresh beans, trimmed  
8 fresh mint leaves, chopped  
1 T. olive oil  
3 T. rice vinegar

Salt and fresh ground black pepper to taste

Bring a pot of salted water up to a rolling boil and blanch the beans for about 4 minutes, until tender-crisp. Drain and rinse in cold water until completely cooled. Drain very well and place in a large zip-lock plastic bag. Add the rest of the ingredients, press out most of the air, and seal the bag. Shake the bag to mix the ingredients well and refrigerate for 30 minutes to let the flavors combine. Serve cold.

**Dale's Mint Quinoa with Veggies!** (Workshare Lunch) Cooling food in hot weather! So satisfying, vegan and one of my favorite light summer meals.

Dressing:

1 c. packed mint  
¼ c. lemon juice  
½ c. apple cider vinegar  
1 T. sugar  
1 ½ c. olive oil

Combine first 4 ingredients in a blender and puree. Turn on blender add oil and turn off.

Quinoa:

1 c. quinoa  
1 T. Olive oil  
1 minced garlic curl  
2 C. water

Veggies: Add any farm fresh veggies! Here are some of my favorites...

Garlic curls, cut in 3" lengths

Turnips, sliced thin

Sugar snap peas, stringed and chopped

Bok Choy, chopped,

Collards, sliced thin

Heat oil in sauce pan. Add quinoa and stir until grain begins to turn golden brown. Carefully add water, bring to a boil. Reduce heat to low, put a lid on and cook for 12-15 min. Heat some olive oil in a pan. Sauté' some chopped up garlic curls (cut them tiny or about 3"). Add bok choy stems and cook for 2-3 minutes. Add some peas and chopped up collards. Add the Bok choy greens. Combine quinoa, veggies and dressing in a bowl. Stir together and serve.

### **Green Mint and Pepper Chutney**

This is another common condiment on the Indian table. It is excellent on all sorts of meat and vegetables. Keeps 1 to 2 weeks in the fridge.

3 to 5 hot peppers, like Jalapeno,  
Serrano or Banana Peppers, minced  
5 or 6 scallions, chopped  
1 green bell pepper, chopped  
1 cup firmly chopped mint leaves  
1 cup firmly packed cilantro

¼ cup fresh lime juice  
1 teaspoon salt  
1 teaspoon sugar  
½ teaspoon black pepper

In a food processor or blender, puree the peppers and scallions, then add the mint, cilantro and seasonings. Puree a bit more, then serve or store.

**Dale's Chili Mint Stir Fry!** (Workshare Lunch) Spicy and refreshing at the same yummy moment! I'll actually make it as "Jalapeno Mint", but chili mint is the traditional way to make it. This dish is yummy over rice or rice noodles. It also tastes great with chicken, tempeh or beef for a protein.

Sugar

Lime Juice

Mint Leaves, chopped

Jalapeno, minced

Sesame oil

Soy Sauce

Rice or rice noodles

Veggie from your share chopped!

Cosmic stir fry beef, chicken or tempeh

Prepare rice or rice noodles. Heat Sesame oil in a skillet. Sauté' protein of choice. Add veggie of choice cook until all veggies are tender. Add minced jalapeno, start with a little and adjust until spice level suits you! Add soy sauce, a sprinkle of lime juice and a sprinkle of sugar. Adjust the spicy, salty, sweet and sour flavors until you like it! Remove from heat, stir in the tomatoes. Serve over noodles or rice!