

# History

## Mentha: Mint

Mint has a long history in cultivation. In Greek mythology, a nymph named after the plant, Menthe or Minthe, is said to have been turned into the herb by Persephone.

In Western cuisine, mint is traditionally used in lamb dishes, beverages, and desserts.

Generally, mints are rich in carotenes and vitamin C as well as magnesium, copper, iron, potassium, and calcium.

What herb garden would be complete without mint? Highly aromatic, with uses in the culinary arts, herbal medicine, and crafting, mints are among the easiest herbs to grow. Use in summer drinks and teas, vegetable and fruit salads, or even with meat or savory dishes. Make a fragrant summer wreath or bouquet! Although it is rich in many volatile essential oils, it is menthol that is most recognizable as the "minty" smell. Menthol has antiseptic, decongestant, and analgesic uses.

### -Portland Nursery



## Sources

All recipes are from books available for check out at Town Hall Library

- **Sweet Greek: Authentic Recipes for Every Occasion**
  - By Kathy Tsaples
  - 641.5956 TSA
- **Website: Portland Nursery**
  - <https://www.portlandnursery.com/herbs/mint>



# Information

Spice up Your Life is a monthly Take & Make Spice Club Kit featuring a variety of unique spices, herbs, or blends.

## Kits Include

- Information on the featured spice.
- Two recipes (1 baking & 1 cooking).
- A small packet of featured spice-enough for **one recipe**.

## Share your experience with us

Once you have created your culinary masterpieces at home, we'd love you to share photos with us.

Send to [reference@townhall.lib.wi.us](mailto:reference@townhall.lib.wi.us) and you might be featured on the Town Hall Library Website

## One-Per-Household

Take & Make Spice Club Kit are free, but supplies are limited. Please, take one kit per household.



# Take & Make Spice Club Kit



## Spice Up Your Life



# June Mint Leaves

# Zucchini Fritters



Serve warm with tzatziki and salad.  
The fritters can also be eaten cold.

## Ingredients

- 2-4 medium zucchinis
- 1 yellow onion, finely diced or grated
- 4 green onions, finely sliced
- 3 teaspoons Dried parsley
- **3 teaspoons Dried mint**
- 1 Tablespoon Dried dill
- approx. 2 cups of self-raising flour
- 1 teaspoon baking powder
- 1/2 cup of feta, crumbled
- 3 eggs
- 1 cup of milk
- 1/4 teaspoon pepper
- 1 teaspoon salt
- oil (for frying)

## Directions

*\*Slightly edited from Original Recipe*

- Grate the zucchinis into a colander. Sprinkle some salt on top and leave for 30 minutes to allow any excess liquid to drain out.
- Add zucchini to the cheesecloth and, using your hands, squeeze them thoroughly to remove the remaining moisture.
- Place zucchini into a clean bowl and place on the side.
- Grate the onion, chop the herbs and spring onions, and place these in a bowl with the zucchini.
- Add all the remaining ingredients to the bowl and mix thoroughly. The mixture should look like a thick pancake batter. If it's too runny, add some more flour.
- Heat half an inch of oil in a shallow, wide pan and place a spoonful of the mixture into the oil.
- Fry until golden on one side, and then turn over to cook the other side. Repeat this process until all the mixture is gone.

# Tzatziki

## Ingredients

- 4 cups yoghurt (strained)
- 1 cucumber
- 3-4 cloves of garlic, finely grated
- 3 Tablespoon olive oil
- 1 teaspoon white wine vinegar
- 1 Tablespoon lemon juice
- 1/2 teaspoon salt

## Directions

- Start this recipe the night before.
- Line a strainer placed over a bowl with the cheesecloth, add the yogurt, and refrigerate overnight.
- Peel, grate, and drain the cucumber very well.
- In a bowl, add the strained yogurt, cucumber, garlic, olive oil, vinegar, lemon juice, and salt. Mix well.
- Taste. If you are happy with the salt and garlic flavor, put the dip in the fridge for a couple of hours to let the flavors intensify.

**Some people like to add a little sprinkling of dill or mint to their tzatziki.**

## What is a CheeseCloth?

“Cheesecloth is a thin, gauzy cotton fabric with a loose weave. It was first used in cheesemaking but has many other kitchen functions, from straining berry puree to broths to nut milk. This adaptable tool is now a staple in many kitchens.”

**Cheesecloth is used in the Zucchini Fritters recipe and the Tzatziki recipe.**

# Fresh Herb Recipe Watermelon & Feta Salad

*Fresh Mint*

*Outside in our Friends of the Library Herb Garden*

## Ingredients

- A Whole Watermelon or 1/2 of a watermelon (depending on how big or small it is), cut into big cubes
- 1/3 cup feta
- 1/2 red onion, thinly sliced and soaked in lemon juice for about an hour
- Olive oil - for drizzling
- Roughly 1 tablespoon of Fresh Mint - the recipe says a spring and to add the top loosely. (In my opinion, it tastes better with sliced mint)



## Directions

*\*Slightly edited from Original Recipe*

- Cut up red onion into slices and place them in a bowl with lemon juice. Leave in the bowl for 15-20 minutes.
- Cut up the watermelon into wedges or cubes.
- Arrange them on a platter or in a bowl.
- Cut the feta cheese into cubes and sprinkle over the watermelon.
- Remove the onion slices from the lemon juice and sprinkle them over the feta and watermelon.
- Cut up mint leaves into strips and add the mint leaves to the watermelon.
- Mix the ingredients and finish off the salad with a gentle drizzle of olive oil.