

Purdue Extension

**FoodLink**

[www.purdue.edu/FoodLink](http://www.purdue.edu/FoodLink)

## MINT

### *Types*

**Spearmint:** Spearmint has a sweet flavor.

**Peppermint:** Peppermint contains more menthol than spearmint, so peppermint's flavor is more intense.

### *Selection Info*

Look for vibrant green leaves. Avoid brown or wilted leaves.

### *Preparation*

Rinse under cool stream of water and pat dry. Remove leaves from

stem and discard stem. Stack leaves on top of each other and crush, or cut them into strips.

### *Storage*

**Short-Term Storage:** Wrap fresh mint in a moist paper towel, place it in a ziptop plastic bag, and store in the refrigerator. It will keep in this way for several days.

**Long-Term Storage:** Mint can be frozen or dried.

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**LF**

Looking for a source of fresh local fruits and vegetables??? ...  
Look here ... [www.purdue.edu/foodlink/about.php](http://www.purdue.edu/foodlink/about.php)

Funding provided by USDA Speciality Crop Block Grant  
Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

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# HOT AND SWEET WATERMELON

## Ingredients

- 3/4 teaspoon whole peppercorns or coarsely ground black pepper
- 1 1/2 teaspoons mint leaves (very finely chopped)
- 6 cups seedless red watermelon (cut into 3/4-inch cubes)
- Fresh mint leaves

## Directions

1. Place peppercorns on a chopping block. Use the bottom of a heavy saucepan to crush the peppercorns. Place the saucepan over the peppercorns and press firmly down. Crush peppercorns into a semi-coarse texture.
2. Combine the ground peppercorns with finely chopped mint.
3. In a large bowl, toss spice mixture gently but thoroughly with watermelon cubes.
4. Chill this mixture until ready to serve.
5. Spoon into 4 individual serving glasses or bowls and serve with a fresh mint leaf.



Learn more about **MINT** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=mint>.

 **Share your recipes!**

### Nutrition Information

Serving Size 1/4 of recipe

Nutrients	Amount
Total Calories	71
Protein	1g
Carbohydrates	18g
Dietary Fiber	1g
Total Fat	0.4g
Saturated Fat	0g
Cholesterol	0mg
Sodium	2mg

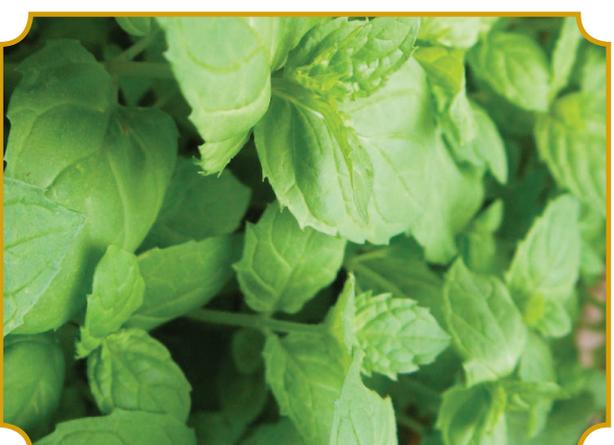
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