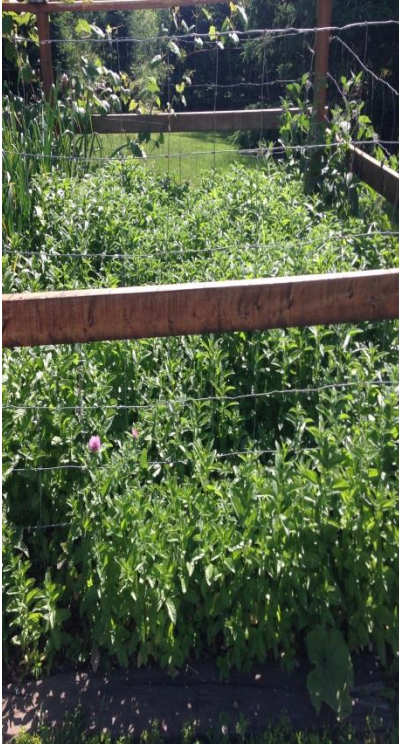


Spearmint



I have a large part of my herb garden dedicated to mint. It has such a fresh scent; it grows abundant and yields two crops per year. It needs its own contained space, for it is invasive and spreads out quite quickly; it is very easy to grow. Mint is far more than a good-smelling, bee-attracting ground cover—it's a plant with a rich history. Sweet-smelling it is, and with varieties that range from the popular peppermint to apple mint and even chocolate mint, there are many scents that offer a wealth of health benefits.

It is my main ingredient in my herb teas; it gives every herb blend a taste fresh and minty flavour. It is the drink that I now use, replacing our coffee or traditional teas, and is something that I can grow in my garden easily. I often put on a pot for the afternoon, my healthy drink with a fresh minty flavour, hot, warm or cold. When it is in season I use it fresh. I also dry it to add to herb blends that I make for myself, family and friends so it is available to me all year. It is the social drink in my kitchen!

It can be used in salads and cooked dishes bringing in a minty flavour.

The symbolism of Mint: Virtue, warmth, protection, eternal refreshment, wisdom, virtue, and my favorite ... welcoming! "We are mint to be together!"

Benefits of drinking mint: natural vitamins and minerals, soothing, refreshing, and cooling. The herb parts are also very good in minerals like potassium, calcium, manganese, **iron (148% of RDA)**, and magnesium. Iron is required for enzymes in cellular metabolism and synthesis of hemoglobin.



Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure. Manganese is utilized by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Further, the herb is also rich in many antioxidant vitamins, including **vitamin A** (provides 4054 IU or 135% of RDA), beta-carotene, vitamin C, folates (26% of RDA), vitamin B-6 (pyridoxine), riboflavin and thiamin.



Medicinal Uses: It is a natural anti-bacterial that fights infection, anti-inflammatory which relieves congestion and irritation. It is a natural remedy for minor ailments such as: soothes nausea (including pregnancy morning sickness), stomach upsets, relaxes stomach muscles, headaches, anxiety/nervous strain, respiratory problems, relieves asthma, calms irritable bowel, settles fatigue & stress, aids in hormonal balance and is an aid to those with chronic diseases and even can inhibit pancreatic cancer.

Summary: An enjoyable, good health advocate, and multi-purpose herb. I suggest you to try it, research it further, and maybe stop in and we will sit and chat over a welcoming cup of hot spearmint tea! Carol Layton Nan's Rock Shop www.nansrockshop.com

Written August 2016 by Carol Layton

