



Cool Calming Mint Tea Refreshers

By Dylan Sabuco

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

Equipment

- ☐ Pitcher
- ☐ Liquid measuring cup
- ☐ Small bowl
- ☐ Grater
- ☐ Wooden spoon

Ingredients

Cool Calming Mint Tea Refreshers

- ☐ 4 C water
- ☐ 2 decaf mint tea bags
- ☐ 1/4 C granulated sugar, brown sugar, or honey
- ☐ 1 tsp grated ginger
- ☐ 4 C ice

Food Allergen Substitutions

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Instructions

Cool Calming Mint Tea Refreshers

measure + steep

Measure **4 cups of water** into a pitcher. Add **2 decaf mint tea bags** and let steep for 10 minutes or more. Steeping is when you allow tea or other flavorful ingredients to soak in liquid and transfer their flavor to the liquid. Steeping tea can be a quick process when you use boiling water.

grate + measure

Grate **1 teaspoon of ginger** into a small bowl. Measure **1/4 cup of granulated sugar, brown sugar or honey** into the same bowl. Stir until all the ginger is mixed into the sugar. Remove the tea bags from the pitcher and discard them. Then add the sugar and ginger mixture. Stir the tea until the sugar is dissolved. Add **ice** to the cups, pour in the tea, and enjoy! Cheers!

Featured Ingredient: Mint!

Hi! I'm Mint!

"I'm a green herb with a sweet, cool taste and pleasant aroma. You may have tasted me in gum and toothpaste, but my favorite is mint chocolate chip ice cream!"

History & Etymology

With its fresh scent hard to miss, mint was undoubtedly one of the earliest herbs discovered. It has been found in Egyptian tombs dating back to 1,000 BCE and has been part of Chinese medicine even longer. Ancient Romans and Greeks used mint to flavor cordials and fruit compotes, as well as for baths and perfumes.

Mexicans call mint "yerba buena" or "good herb."

The United States produces over 70 percent of the world's peppermint and spearmint.

The word "mint" comes from the Old English "minte," from German "minze," from the Greek "minthē."

Anatomy

The mint plant is from the *Mentha* genus. It is an aromatic perennial herb. The plants can grow 4 to 48 inches tall and have runners below and above ground that can spread.

There are 18 to 24 species of mint currently recognized. Other mints are natural hybrids and cultivated hybrids. Some herbs with "mint" names, like cat mint (catnip), are not part of the *Mentha* genus. Spearmint (*Mentha spicata*) is also known as common garden mint. Peppermint (*Mentha × piperita*) is a natural hybrid cross between spearmint and watermint (*Mentha aquatica*).

How to Pick, Buy, & Use

Mint is easy to grow at home or can be purchased at the grocery store. You can keep a bunch of fresh mint in a glass of water for up to two days.

Mint is harvested for its leaves, fresh or dried, for many culinary uses to add a cool, refreshing flavor. Foods that mint is added to include beverages, candies, ice cream, jellies, meat dishes, sauces, syrups, and teas.

Mint essential oil and menthol are added as flavoring to breath fresheners, candy, chocolate, drinks, gums, and toothpaste. It can also be used for aromatherapy.

Mint pairs well with these foods: asparagus, beans, carrots, cucumbers, eggplant, peas, potatoes, tomatoes, and yogurt. You can combine mint with these herbs and spices: basil, clove, cumin, dill, ginger, oregano, parsley, and thyme.

Nutrition

Although mint has some health benefits, it is best to eat it in moderation.

Mint has small amounts of vitamins A and C, along with the minerals calcium and iron.

Mint may aid in digestion, but if you have gastroesophageal reflux disease (GERD), it may aggravate symptoms.