

## EDIBLE GARDEN



### MINT

Mint, also known as *Mentha* and a part of the *Lamiaceae* family is a class of perennial herbs known for its aromatic oils. Native in various regions of the world, the plant grows best in temperate climates that are cool and moist.

Mints are a highly versatile ingredient that can be used in sweet and savoury preparations such as ice creams, sorbets, beverages and added to meats and seafoods dishes. Its highly volatile oils are also used in cosmetics, aromatherapy, perfumery and even medicine!