**Mint to be………**

Mint is a perennial herb. It is generally available year-round but most abundant in the warm summer months. Mint is as tasty as it is healthy. Its essential oil is widely used in manufactured products. In cooking, mint can be incorporated into a dish to make the most of this herb’s aromatic, flavorsome and digestive abilities. It can be cooling and refreshing! Mint is very high in antioxidants and vitamin C. It has even been studied for its possible effectiveness is relieving seasonal allergies, improving brain health, aiding in good digestion, and is used as a natural bug repellent!

**Come join us in July** for our Beneficial Bites presentation and learn the history and more nutritional benefits of Mint.

