



# Fresh Veggie Series

Vine & Fig Educational Outreach Program



## This Week's Produce Items:

**Radical Roots Farm:** HCPS Mobile Cafe: Mint (St. Isidore), Lettuce Mix, Kale, Scallions 2 peppers, Lettuce, Zucchini All other locations: Mint (St. Isidore), Kale, Scallions, Lettuce, Herb, Cucumber, Pepper, Tomato, Zucchini, Lettuce Mix

**St. Isidore Homestead & Permaculture:** Mint, Cucumbers, Salad Mix, Carrots, Swiss Chard  
**Friendly Neighbor Gardens:** Beets, Carrots, Lettuce, Celery, Rainbow Chard, Cucumber

## Mint Tea

### Ingredients

- water
- mint
- optional: honey or other sweetener

### Directions

- In a pot, bring 4-5 cups of water almost to boil.
- Peel off mint leaves from the stems. Let mint sit in the pot for three to five minutes.
- Strain and pour into tea cups.

## Potato Salad with Mint Credit: New York Times

### Ingredients

- 2 pounds small potatoes
- juice of 1 lemon
- 1/2 cup olive oil
- 1/2 cup of sliced scallions or onions
- 1/4 cup of torn mint leaves
- salt and pepper to taste

### Directions

- Boil potatoes (with salted water to cover by one inch), for about 15 minutes, until just tender (but not too much!).
- Drain, let cool a bit, then cut potatoes into chunks.
- In a bowl, whisk lemon juice, salt and olive oil.
- Transfer potatoes to a bowl and mix with dressing, onions, mint and add pepper.

