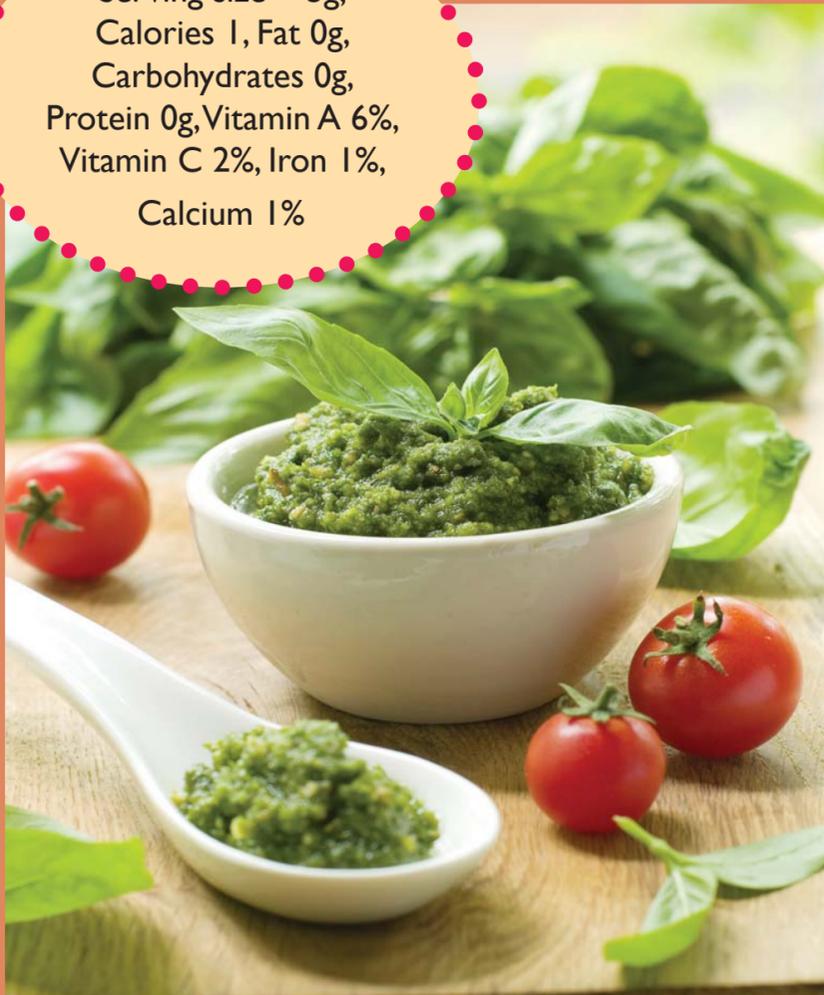


Try Me!

# Basil & Mint

MEATLESS MONDAY

Serving size = 5g,  
Calories 1, Fat 0g,  
Carbohydrates 0g,  
Protein 0g, Vitamin A 6%,  
Vitamin C 2%, Iron 1%,  
Calcium 1%



Basil is used in cooking and is known for being paired with tomatoes and for pesto.



Contains Vitamin  
A & C  
Small amounts of B2  
Also essential minerals such as  
manganese, copper, iron,  
potassium, and calcium

Mint is often used as a garnish. Here it adds flavor to iced tea.

## Growing/Storage of Basil

- Basil can be grown in a pot in your backyard.
- Try to buy fresh, organic basil over the dried form of the herb. Fresh and organic has superior quality.
- Look for basil that is deep green and free of dark spots or yellowing.
- Store fresh basil in the refrigerator. Keep dried basil in a tightly sealed glass container in a cool, dark and dry place.
- Always wash basil in cold running water to remove any dust or pesticides.

## Cooking

- Add basil at the end of the cooking process because prolonged cooking will evaporate the essential oils. This will decrease the flavor and health benefits of the basil.
- Fresh or dried basil can be used in soups, salads, and sandwiches.
- Basil is one of the main ingredients in pesto.

## Medicinal Uses

- Basil tea helps relieve nausea and is thought to have a mild antiseptic function.
- Basil has anti-inflammatory functions, it may help to relieve symptoms in individuals with inflammatory health problems like rheumatoid arthritis, osteoarthritis, and inflammatory bowel conditions.

References:

<http://www.nutrition-and-you.com/basil-herb.html>; <http://en.wikipedia.org/wiki/Basil>.

## History of Mint

- Mint originated in Asia and the Mediterranean region.
- It symbolized hospitality in many cultures and was offered as a sign of welcome and friendship.
- The Greeks and Romans used mint as a perfume and a bath scent.

## Medicinal Uses

- Drink a cup of peppermint tea after you eat a meal to help with digestion and indigestion.
- The chemical compound menthol, which you get from peppermint oil, is used to alleviate respiratory issues. Use mint to ease and unblock breathing passages and airways.
- It acts as a mild sedative and has calming properties.
- It also combats bad breath and is a natural mood lifter.

## Storing Mint

- If you buy a bunch of mint, place it in a container of water, stems down with a plastic bag loosely covering the top. Change the water every 2 days and the mint should stay fresh for up to 1 week.
- Mint can be frozen in ice cube trays.
- Dried mint leaves should be stored in an airtight container.

References:

<http://www.helpwithcooking.com>; <http://en.wikipedia.org/wiki/Mentha>

Poster created by: Syracuse University Food Services