

Harvest of the Month

Mint



FUN FACTS:

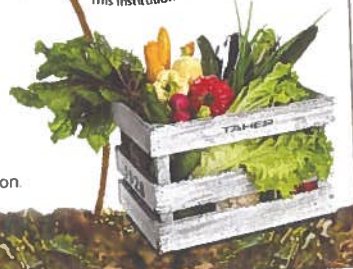
No herb is more widely known than the fragrant mint. It is aromatic with a cool and refreshing aftertaste.

There are over 600 varieties of mint. The most common are peppermint and spearmint.

Mint leaves and its essential oils are widely used in tea, cookies, chocolates, shampoo, chewing gum, mouthwash, and toothpaste.

Mint assists in digestion and relieves indigestion.

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Move Your Health

Back to the Top of the List

With summer break behind us, and a new school year underway, getting back into a routine is challenging. As a result, nutrition and wellness may slip to the bottom of your list. How do we move health back toward the top? Here are a few strategies found to help:

Live a balanced life

- Fit in fitness most days of a week; exercise releases endorphins, which increases a person's mood and aids in relieving stress
- Watch portion sizes; when snacking put the food into a bowl, don't eat from the container it came in

Plan your meals for the week according to your life and your work schedule

- Weekly planning is easy to adjust if something comes up
- Grocery shop over the weekend when you have more time
- Utilize leftovers on busier days

Make sure you have snacks that are healthy in your home and around you, suggestions include:

- Almonds, pistachios, peanuts, pre-cut vegetables and fruit, plain popcorn, and yogurt (great source of calcium and protein)

Learn to manage your stress

- Get outdoors and enjoy natural sunlight and fresh air; both known to increase energy, reduce stress, and increase happiness
- Identify your triggers and try to avoid them
- Be good to yourself, think positively, and remove the negative thoughts and actions in your life

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HARVEST OF THE MONTH RECIPE—SEPTEMBER

~ featuring mint ~

Fresh Salad with Mint Leaves, Orange Juice & Honey

Yield: 4 servings

It was surprising how easy this fresh fruit salad was to throw together, and shocking how much it wowed us. After whisking together orange juice and honey (go to your farmers' market and purchase quality, local honey, y'all) for a simple dressing, combine strawberries, raspberries, blueberries, oranges, and honeydew melon balls in the same bowl. The ingredient that took this fruit salad from ho-hum to yum, though, is fresh mint. The mint, dressing, and natural fruit juices blend while the mixture chills in the fridge to create the most refreshing flavors.

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| 3/4 cup | orange juice |
| 1/2 cup | honey |
| 1 1/2 pints | fresh strawberries, halved |
| 1 1/2 cups | fresh raspberries |
| 1 1/2 cups | fresh blueberries |
| 2 | oranges, peeled and sectioned |
| 1 1/2 cups | honeydew melon balls |
| 1/3 cup | mint leaves, chopped |

1. Whisk together juice and honey.
2. Add fruit and mint.
3. Chill 1 hour.

NUTRITION SNAPSHOT ~ 1 serving
 187 calories, 0g total fat, 0g saturated fat,
 0mg cholesterol, 18mg sodium,
 49g carbohydrates, 6g sugars, 2g protein

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