

WGHS Autumn Herb Gathering

October 8, 2016

9am-2pm

Rolling Ridge Nursery in Webster Groves

at 60 North Gore

Vicki Lander of Flower Hill Farm

talks about herbs for beautiful display and arrangements

Amanda Canete of Elements Herbology

talks about herbs for healthy living

Enjoy herbal tastings and herbal demonstrations

Peruse and purchase unique herbal gifts,
herbal books, cookbooks, and calendars

Mint Water



Select a container such as a quart jar or a half gallon jar. Stuff the jar with as many mint stems as will fit in your container, lots and lots of mint. Pour cold water over the mint. Let it stand for about 1½ hours. Strain out the mint and discard. Chill the mint water. Serve cold. You can make mint water days earlier and freeze. Then add the frozen mint cubes to the water for serving.

About WGHS

WGHS provides student scholarships in herb-related studies, donates plants and funds to community projects, donates plants and member hands-on help in maintaining the herb gardens at Hawken House in Webster Groves, Mudd's Grove in Kirkwood, and the History Village Herb Garden at Faust Park in Chesterfield.

These gardens are open to the public and showcase the herbs that grow so well in this region.



Mint - Tasty, Useful, and Pretty

Presented by

The Webster Groves Herb Society

at Missouri Botanical Garden

June 11, 2016

Mints (*Mentha*) are tasty in foods, useful in dried arrangements, and pretty in your garden.

Both the leaves and the dainty little mint flowers are edible. Sweet spearmints (*M. spicata*) and pungent peppermints (*M. x piperita*) add zest and flavor to teas, beverages, and salads.

Peppermint or spearmint tea may relieve headaches.

Mint flowers keep their color in dried wreaths, tussie mussies, and arrangements. Dried mint leaves in your vacuum cleaner bag make vacuuming a fragrant minty experience.

Sweet mint flowers attract hummingbirds, pollinating bees, and butterflies to your garden.

Mints like to take over their space so plant mints in large containers or in a separate area of the garden where they can roam free.

The square stem is the identifying characteristic for mints.



Mint Cookies



⅓ c canola oil
¼ c milk
1 t vanilla
5 drops mint flavor oil
½ c granulated sugar

½ c powdered sugar
2 c flour
1 t baking powder
½ t baking soda

Preheat oven to 350 degrees. Cover cookie sheets with parchment paper. Combine oil, milk, vanilla, and mint oil. Add the sugars and mix well. Stir together flour, baking powder, and baking soda. Combine the dry mix and the wet mix. The dough will be thick. Drop by spoonful on cookie sheet. Bake 12 to 13 minutes. Add ⅓ cup chopped nuts, if desired.

Glutenfree Mint Cookies

Replace the flour with 1¼ c glutenfree flour, ¼ c potato starch, and ¼ t xanthan gum.

Moth Repellent

1 c cedar shavings,
available at pet supply stores
¼ c dried southernwood
¼ c dried peppermint
¼ c dried lemon verbena

¼ c dried thyme
¼ c dried rosemary
⅛ c whole cloves
⅛ c lemon peel

Combine the ingredients in a large glass jar. Shake the jar every day for 1 to 2 months. Fill moth repellent bags with about 1 cup of the repellent.

Other moth repellent recipes are on www.wgherbs.org.

Mint Varieties



Kentucky Colonel mint (*M. spicata* 'Kentucky Colonel') is the spearmint for mint juleps! Spearmints add refreshing minty flavor to iced tea and other beverages.

Peppermint (*M. x piperita*) has a delightfully strong flavor that makes a tasty hot tea for enjoyment and aiding digestion.

Chocolate mint (*M. x. piperita* 'Chocolate'), a variety of peppermint, has a slight chocolate-mint fragrance and darker, almost chocolate leaves. Chocolate mint is delectable in hot tea and chocolate desserts such as ice creams, sorbets, and puddings.

Curly mint (*M. crispata*) is a strong and vigorous mint. The curly leaves are a little tough, but they make good infusions.

Apple mint (*M. suaveolens*) has soft hairy leaves, a soft spearmint flavor, and grows vigorously.

Pineapple mint (*M. suaveolens* 'Variegata') has a mild pineapple flavor, and the variegated leaves make it a wonderful accent plant. Pineapple mint will not take over your garden if it survives the winter.

Mint Tea

Mint tea is helpful for mild tummy conditions. Mint is a calming and soothing herb that has been used for thousands of years to aid with upset stomach or indigestion. Mint is thought to increase bile secretion and encourage bile flow, which helps to speed and ease digestion.

Peppermint may also relieve pain and discomfort from gas and bloating. Peppermint tea is a common home remedy for flatulence.

Purchase or grow any variety of mint to keep handy for brewing a cup by pouring hot water over mint leaves and steep for 5 to 6 minutes for occasional tummy trouble.