

Mint

- Add mint leaves to tea while steaming, chop into stir-fry or pasta, or pair with fresh berries and a drizzle of balsamic.
- Take your time eating (good for 2 weeks-1 month)

Snip off the base of the stems and transfer to a large jar of water. Seal jar and refrigerate. Replace water every few days.

To freeze (up to 3 months): chop leaves, freeze in ice tray with water, and store in freezer bag.

