



芦荟 (lú huì, Mandarin), अगरू (agaroo, Hindi), કુંવાર (kunvāra, Gujarati), daccas (Somali), sábila (Swahili), نبات الصبار (nabat alsabar, Arabic)



Aloe

a taste of Africa on the Floridian table

Aloe is an ancient plant with a wide variety of medicinal and culinary uses today. Originally from Africa, aloe was used as a medicine in many ancient civilizations such as Egypt, Greece and Rome. The Spanish brought it to the Americas in the 16th century. Today it remains a popular ingredient in lotions and beverages throughout the world. Since it thrives in hot and dry climates, it is a common plant found in food gardens, landscapes and homes throughout Florida.

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Sliced aloe vera gel on a wooden spoon.



ALOE-MINT LEMONADE

25
MINUTES
TOTAL

4
TOTAL
SERVINGS

INGREDIENTS

- | | |
|---|-----------------------------|
| 1/3 cup honey | 3/4 cup lemon juice |
| 2 1/2 cups filtered water | Small handful of fresh mint |
| 12 minimum six-inch long
aloe leaves | |

DIRECTIONS

1. Combine honey with 1/2 cup of water over low heat until dissolved. Remove from heat.
2. Slice aloe leaves longways and scoop out clear inner flesh.
3. Pour the honey water, aloe vera juice, lemon juice, fresh mint and remaining two cups of water into a blender. Blend until smooth.
4. Pour the mixture through a fine strainer.
5. Pour into glasses and garnish with fresh mint leaves or lemon slices.



FACTS

Although it is most commonly known for its medicinal uses in lotions, aloe is also a popular ingredient in a wide variety of flavored drinks throughout Asia and Latin America.

Aloe vera is rich in vitamins (A, C, E, B12, folic acid, choline), minerals (calcium, chromium, copper, selenium, manganese, magnesium, potassium, sodium, and zinc), enzymes, sugars, lignin, saponins, salicylic and amino acids.

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