



Menta (Spanish), menthe (French),
薄荷 (báo hé, Mandarin), टकसाल के
पत्ते (Taksal ke patte, Hindi), ફુદીના
(Phudīnā, Gujarati), Mnanaa (Swahili),
Reexaanta (Somali)



Mint

a taste of the Bible on the Floridian table

Mint is native to the Mediterranean, and the herb has a long history in religion, mythology, ritual, medicinal uses, and cuisines throughout the region. There are approximately 20 different varieties of mint including ‘peppermint’ and ‘spearmint,’ and numerous cultivars and hybrids. Yet scholars believe that Biblical scriptures refer to ‘horsemint’ (*Mentha longifolia*) in the books of Matthew and Luke. Mint grows abundantly throughout the world, and many Florida home gardeners grow mint for a variety of culinary and medicinal uses.

To learn more about Florida’s
culinary history, visit
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Young woman smelling mint



PINEAPPLE MINT MOCKTAIL

10
MINUTES
TOTAL

2
TOTAL
SERVINGS

INGREDIENTS

- | | |
|--|---------------------|
| 2 tablespoons finely chopped, fresh mint | 1/2 cup lemon juice |
| 3 cups pineapple juice | Honey, if desired |
| | 4 ice cubes |

DIRECTIONS

1. Mix mint with 1/2 cup pineapple juice in blender.
2. Add the rest of pineapple juice, lemon juice, and ice cubes and blend well until mint is dissolved.
3. Serve in tall glasses with fresh sprig of mint, a pineapple chunk, or lemon slice.

Recipe adapted from Morrison, Sally. 2011. Cross Creek Kitchens: Seasonal Recipes and Reflections. University of Florida Press. pg 128

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FACTS

One of the earliest records of mint dates to the Egyptian Ebers Papyrus in 1550 BC, and it was a common herb in ancient Greek and Roman society. The Latin term *Mentha* is derived from Greek mythology when a nymph named Mintha was loved by Hades and consequently transformed into a sweet-smelling plant by his wife, Persephone. Mint is also mentioned several times in Biblical Scriptures by Jesus in the Gospels of Matthew and Luke, and Hebrew rituals include the use of mint as a bitter herb.

Mint is rich in vitamins A and C; Vitamin B2, calcium, copper, zinc, magnesium.

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