

ANOTHER  
HERB HERBERT  
FACT SHEET

SPECIAL INTEREST HERBS

# MINT JULEP

Hardy Perennial  
*Mentha spicata* 'Julep'  
Family: Labiatae/Lamiaceae



## HISTORY

This genus consists of 25 often variable species of aromatic perennials and a few annuals, occurring in temperate regions of Eurasia and Africa. Most flower from summer to early autumn. Mints of various kinds have a place in most gardens.

*Mentha* is the original Latin name for these plants and is derived from the Greek *minthe*. They are rich in volatile oils of variable composition. It is menthol that gives mints their typical smell and taste, which are simultaneously cool and warming.

Mint 'Julep' is a rich green, creeping perennial with sweetly scented, ovate leaves. A striking fresh flavor and color make this variety ideal for use in beverages.



## DESCRIPTION

A herb that relieves spasms, increases perspiration, improves digestion, and has antiseptic, mildly anesthetic effects.



## USES

### Culinary

Leaves are used in teas, in iced drinks and in salads.

However, this variety is best used to make Mint Julep, Kentucky's favorite summer drink.

## MOJITO RECIPE

- 2 measures Kentucky bourbon
- 1 tsp superfine (caster) sugar
- 4 sprigs fresh Mint 'Julep'
- 2 slices lemon
- Crushed ice
- Soda

Mix together sugar and mint in a glass. Fill with crushed ice and add bourbon and lemon. Top with a dash of soda and garnish with a sprig of fresh mint.

Try creating a non-alcoholic Mint Julep by mixing together several mint sprigs, and equal portions of ginger ale and pineapple juice. Garnish with lemon slices and enjoy.

Another simple way to enjoy Mint Julep is to add a handful of chopped leaves to a jug of lemonade. The fresh, cool flavor of the mint will infuse through, creating a wonderful contrast against the acidity of the lemon. A perfect way to cool off on a hot day!

## Medicinal

Internally for nausea, morning sickness, colic. Externally for burns, itching skin conditions, ringworm, rheumatism, and as an insect repellent.

## Economic

Oil is used in oral hygiene preparations, toiletries, cigarettes, ice cream, candy and liqueurs.



## CULTIVATION

Propagate by cuttings during the growing season.

Foliage may be damaged by mildew and rust. Always pinch tips to promote compact growth. Whole plants are cut as flowering begins, and leaves are cut during the growing season and used fresh or dried for use in concentrated waters, infusions, liquid extracts, powders, spirits or oil distillation. For use in beverages, always use freshly picked sprigs, as these will provide maximum flavor and refreshment.



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Any enquiries can be directed to:  
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