



Herb, Mint

- A sweet and spicy flavored, aromatic herb, mint is a classic garnish and flavoring for summer drinks, fruit platters and frozen desserts.
- Taste: Sweet flavor and fragrant aroms.
- Scientific name: Mentha

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA , Mexico

Receiving Information:

- Good quality herbs should exhibit color consistent with variety, hearty aroma, high leaf-to-stem ratio, and leaves that are firmly attached to stems.
- Avoid herbs with brown, black, or bruised leaves. Avoid herbs with limp leaves or that are flowering.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- Fresh herbs are sensitive to ethylene; exposure to the gas may accelerate loss of green color, especially if herbs are also stored in a warm area.
- For best quality, keep herbs away from ethylene-producing and ripening rooms.

Nutrition Facts

Serving Size: 1 tablespoon

Amount Per Serving

Calories 1	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	0%
Trans Fat	
Cholesterol 0 mg	
Sodium 0 mg	0%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	1%
Sugars 0 g	
Protein 0 g	0%
Potassium 9 mg	0%
Vitamin A 0%	Vitamin C 1%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000-calorie diet.