

Kentucky Colonel Spearmint



Mentha spicata 'Kentucky Colonel'

- **Use:** Can be used in any recipe calling for spearmint, including mint sauce and mint jelly. It is particularly nice in that southern favorite, the Mint Julep. Mint is also an excellent culinary addition and makes a great tea for the pure pleasure of it. Grow them in containers to keep them in check.
- **Exposure/Soil:** They love full hot sun, but be sure to keep them well watered, but not drowning. Pinch tips back occasionally to produce a bushy plant! Use slow release fertilizer for best results
- **Growth:** Grows 1-2 ft tall and continues to spread. Excellent for use in containers. As a general rule, mint family plants root vigorously when allowed to grow freely and can be invasive so plan ahead.
- **Hardiness:** Zone 5-11; Perennial
- **Foliage:** Deciduous; Fragrant edible leaves.
- **Flower:** White flowers in late summer -fall.

Mint Julep Recipe (1 serving)

1 tsp sugar

1 tsp water

5 or 6 Kentucky Colonel Mint leaves

2 ounces of your finest Kentucky

Bourbon

Crushed Ice

Fresh Mint Sprig



Put the sugar, water and mint leaves in the bottom of a glass. Mash with a spoon until the sugar is dissolved and the essence of mint is extracted. Fill the glass with ice. When frost forms on the outside, slowly pour in the bourbon, letting it trickle through the ice, then stir. Garnish with a sprig of mint. (very important for the fragrance influences the palate).

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