

# the pur terroir<sup>®</sup>

INFUSÃO • HERBAL TEA



## SPEARMINT

*Mentha spicata*

*Mentha spicata*, commonly known as Spearmint, gets its name from its distinctive spear-shaped leaves. Grown all over the world, it is popular in many cultures for its refreshing flavour as well as its potential health benefits.



## HOW TO PREPARE

Combine 2 tablespoons of Spearmint leaves with 1 litre of 80°C water in your vessel of choice (tea strainer, tea pot, or even right into the mug). Let the leaves steep for 4-6 minutes, depending on how strong you like your tea. With Spearmint we recommend a shorter infusion time at a slightly lower temperature to avoid bitter flavours.

## INGREDIENTS

100% pure Spearmint leaves from our Territory.

## NUTRITIONAL INFORMATION

Dairy free, gluten free, caffeine free, thiene free, suitable for vegetarians and vegans.

## HOW DOES IT TASTE?

Spearmint, as its name suggests, is full of fresh, minty aromas and flavours. Infusions with this herb are smooth with a subtle, yet refreshing, sweetness.

## HEALTH BENEFITS

Spearmint's refreshing flavour and high level of antioxidants can reduce stress and lower blood pressure. These soothing qualities benefit the digestive tract, relaxing stomach muscles and reducing nausea, along with other digestive issues. It may also aid in hormone regulation and improve memory, promoting an overall sensation of positive well-being.

## CULINARY USE

Many of your favourite dishes will benefit from the freshness of Spearmint. Try adding it to desserts, roasted vegetables, soups, or even dips like hummus or tzatziki. It also makes a refreshing addition to iced tea or lemonade.

## HOW IT IS MADE

Organically cultivated plants originate in our nursery and are selected from the best adapted cultivars. Harvesting is done by hand near the flowering stage of the plant cycle (when essential oil concentration is higher). Leaves are dried at low temperatures, never exceeding 25°C. The best leaves are selected by hand.



**METAL TIN**  
35 servings  
25g



**DOYPACK BAG**  
20-25 servings  
15g



**TEA BAG**  
20 servings  
20g