

INDIANA AGTIVITY SHEETS

MINT

Indiana has been home to mint production since the late 1800s. Peppermint and spearmint are both grown in the northern region of Indiana where the soil and climate are just right. The growing season of mint ranges from March to mid-July.

A majority of the mint grown in Indiana is used to make mint oil. The process is called distillation and makes mint more accessible for use. To produce mint oil, the mint plant is left to dry for 1-2 days, and then chopped down. The chopped mint is then distilled and stored for later use.

Mint can be made into dental products, gum, candy, soap, and other mint scented products.



SCAN THE QR CODE TO
HEAR FROM AN
INDIANA MINT
FARMER!

OR VISIT: bit.ly/IASmint



DID YOU KNOW?

11% of the peppermint produced in the U.S. is grown in Indiana.

One pound of mint oil flavors approximately 40,000 sticks of gum!

MAKE YOUR OWN MINT PLAY DOUGH

Ask an adult for help!

MATERIALS:

- 2 cups flour
- ½ cup salt
- 2 tbsp vegetable oil
- 2 tbsp cream of tartar
- 1.5 cups of boiling water
- 1 mint tea bag

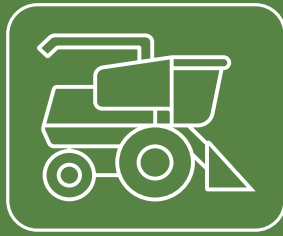
INSTRUCTIONS:

1. Mix the flour, salt and cream of tartar together and stir slowly as the oil is added in.
2. Add the mint bag into the boiling water and let soak for 5 minutes.
3. Slowly add a portion of the water, mix until a dough begins to form.
4. Add more water if needed.
5. Once the dough is formed, lay it on a flat surface and knead it until the dough becomes soft.

MINT HARVEST



Dry mint in field
for 1-2 days.



Chop mint with
wind roller.



Distill into
mint oil.



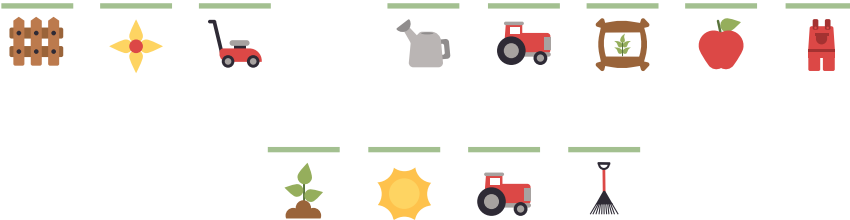
Store mint oil
to sell.

CRACK THE CODE



Match the picture to the letter to
unlock the code.

What products are made of mint oil?



CREAM CHEESE MINTS

Ask an adult for help.

SUPPLIES:

- Cream cheese (1 block)
- 1 tbsp of butter
- 32 oz bag of powdered sugar
- ½ tsp peppermint extract
- ⅛ tsp vanilla extract
- Food coloring

DIRECTIONS:

1. Combine the cream cheese and butter in a bowl and beat with an electric mixer until smooth.
2. Add two cups of powdered sugar and stir until mixed.
3. Add the peppermint and vanilla extract and stir well.
4. Add in the rest of the powdered sugar and mix on low speed.
5. If the dough is still sticking, add more powdered sugar.
6. Add in the food coloring of your choice, if you want more than one color separate the dough into multiple bowls.
7. Roll the dough into teaspoon sized balls and lay them on a wax paper-lined cookie sheet.
8. Let sit at room temperature for 2 hours or until the drops are firm.
9. Transfer to the fridge, and enjoy!

Indiana Agtivity Sheets are provided by Indiana
Farm Bureau Agriculture in the Classroom.

For more information, please contact
inaite@infb.org or visit www.infb.org/aitc.



Indiana Farm Bureau®
Agriculture in the Classroom