## NATIVE AUSTRALIAN FOOD FACTS:

# Rivermint

### Mentha australis

A sprawling, soft perennial herb with long straggly stems, it is found in moist gulley's, forests and waterways in temperate south eastern Australia. Sending suckers, it can grow easily through a garden bed and needs regular watering.

**DID YOU** | Rivermint is high in antioxidants and was used by Indigenous Australians as a flavouring, and as a remedy for coughs and colds. It was also rubbed on the skin as an insect repellent!

#### **FLAVOUR PRO**

This Australian va mint tends to be a pungent and shar some, and has a s spearmint menthe and flavour.

#### **Rivermint** leaves



Yellow Fish Curry with Rivermint

**GROWING REGIONS:** 

**SEASONALITY:** The leaf can be harvested year-round as it is an evergreen species, but the plant can die back in the cold winter

months.

Dried Rivermin

USE.

In salads, dressings, teas, sauces, jellies and jams. In dishes such as 'tzatziki' it provides contrast to the texture of yoghurt and cooling of cucumber. Fresh or dried, only a small amount is needed.







Creative Native Foods acknowledges the traditional owners, past, present and future of the land on which we live and work, as the First People and Custodians of this country. It's our policy to engage with and support Indigenous enterprises in the commercial native food industry wherever possible.

For more information, please email us at <u>sales@creativenativefoods.com.au</u> or order online.

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