

Mint Julep Drink Most Popular This Weekend!

Cheryl D Jones May 02, 2014



Mint Julep Cocktail

Make the best Mint Julep Drink with leaves from Mint Julep garden plants now available at Greenwood Nursery. Garden mints have become popular herbs due to their many uses: stomach aches, cocktails, lemonade, salads, and garnishes just to get started.

([Newswire.net](#) -- May 1, 2014) McMinnville, TN -- Since 1938, the Mint Julep has reigned as the signature drink of Churchill Downs and the Kentucky Derby.

There are an estimated 120,000 juleps served in the two day weekend period, the first weekend in May, of the Kentucky Derby races. What a thrill to be at the Kentucky Derby and be handed a **Mint Julep drink** in its own collectible glass.

Traced back to the 1800's when Henry Clay, U.S. Senator from Kentucky, introduced the Mint Julep drink to his Washington, DC friends at the Round Robin Bar in the Willard Hotel.

Southerners do enjoy sweet drinks on a hot summer day. The sweet, minty julep is traditional with bourbon, but also made with gin.

Easy to Make Mint Julep Drink Recipe:

- 4 to 5 Mint Julep Mint sprigs
- 2 sugar cubes or 1/2 oz simple syrup (homemade or corn syrup can be used as a substitute)
- 2 1/2 oz. bourbon whiskey

Place fresh mint and sugar in an old fashioned glass.

Mash well to dissolve the sugar and release the oil and aroma from the mint

Add the bourbon, fill with crushed ice and stir well to completely blend.

Garnish with additional **Mint Julep Mint** sprigs.

To give your drink its *best mint flavor*, use leaves from the **Mint Julep mint garden plant**. You can find Mint Julep mint plants at *Greenwood Nursery* as well as other *mint plants for cocktails* such as the **Mojito Mint plant**.

Greenwood Nursery

636 Myers Cove RD

McMinnville, TN 37110

931-668-3041

mail@greenwoodnursery.com

<http://www.greenwoodnursery.com/page.cfm/Mint-Julep-Mint/205767>

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