

MINT: invasive



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Kelsey Conophy and Food
For Thought

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MINT



keep it fresh

issue

Why do we have to rely on others to provide us with basic human rights? Healthcare, for one, should be available to everyone. It is not a luxury only for the rich. It is not a commodity that can be sold to others at an insane price. It is a basic need of every human being. It is everyone's right to be able to care for themselves and their families.

We have been told by others that we must rely on the system fabricated by the government and private pharmaceutical companies. They do



not care if their system works, or if it is inefficient. They only care about their own agendas driven by dollars and votes. We do not have to abide by these rules though. We can work around the system.

We have the ability to take care of ourselves and our communities in a way that is both beneficial to ourselves and to the environment.

With MINT we can break the cycle of dependence and free ourselves from the control of the inefficient system created by others.

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solution

Take back the city. Keep it fresh. Make it green. Make it your own.

By taking over the city with MINT we can take back control. We can become independent of the system, and fulfill our own needs. We can grow the way to our health. Not simply physical health, but also mental and emotional health, for the community too.

By invading empty lots with seed bombs of MINT and taking over dead planter spaces not only do we reclaim unused space, but we also create a source of natural pleasure within the urban landscape. Fields of waste and debris will turn to

fragrant masses of green freshness for the benefit of the whole community.

It's as simple as buying a small satchel of seeds or even a pre-grown MINT plant and spreading it across the city. You too can take back the city and take back control.

We can invade the wastes of the city, take over the unused lots, and keep the city fresh and for the people. It is not a politician's city, or a city that needs to rely on pharmaceuticals. It is, has been, and always will be a city for the locals.



MINT was first recorded in Greek culture and has also been recorded in Asia and other parts of the Mediterranean. It symbolized hospitality and friendship, and was always offered to guests upon arrival.

MINT was also used in important ceremonies, most commonly the Elusinian Mysteries, which were secret ceremonies, the happenings of which still

background

remain highly unknown to this day. It is said though that images of the afterlife were conjured during meetings.

MINT was also named after the river nymph Menthe from Greek mythology, who captured the eye of Hades, the God of the Underworld. According to the myth, Hades' jealous wife Persephone found out about his lust for Menthe and transformed her

into a plant in a rage. Hades then gave Menthe her the famous sweet fragrance because he was unable to transform her back into a river nymph and he wanted to be able to smell her whenever someone stepped on her, so he knew she was near.

MINT has also been used largely for healing and flavoring. It can be placed in hot and cold drinks and foods to give it a sweet, fresh taste.



It can also be used to calm stomachs and heal other digestion problems. It can also be rubbed on rashes and bugbites to stop itching, can be used to dispel nausea, relieve stress, decongest sinuses, and cure chest pains. It has also shown signs of being an anticarcinogen.

MINT also helps to expell unwanted pests like rats, mice, and cockroaches.

where



MINT can be bought at local farmer's markets all over the city (Union Square, Hell's Kitchen, Uptown, Brooklyn, etc). You may even be able to find them at some community gardens.

Other stores like Home Depot, Ace, and True Value also sometimes sell plants and seeds depending on the season. Regular grocery stores also sometimes carry seeds.

Pre-grown MINT plants will generally never cost more than \$3.00, while seeds will cost cents. So, you don't have to break the bank to get the movement rolling.