

# NYBG

EDIBLE ACADEMY  
JUNETEENTH WEEKEND



## STRAWBERRY MINT LEMONADE

Prepared for the Edible Academy Juneteenth Celebration  
by Marion Williams of Wellness In The Schools

Servings: 11 cups

### Ingredients

#### For the Simple Honey Syrup

- 2 cups water
- ½ cup raw honey

#### For the Lemonade

- 5 cups water room temperature
- 2 ½ cups freshly squeezed lemon juice approx. 16-20 medium lemons
- 25 Fresh strawberries
- 5 additional strawberries Mashed with a spoon
- \*(Alternative 15-20 frozen strawberries will yield approx. ⅔ – 1 cup when defrosted and mashed
- 8 large fresh mint leaves (3 leaves Thin sliced and 5 whole mint leaves)

### Instructions

In a medium sauce pan, combine 2 cups of the water and the raw honey. Heat over medium-high heat until honey completely dissolves. Remove from heat and set this simple honey syrup aside to cool. DE-stem the strawberries and cut into 4 pieces for medium size (cut into 6 pieces for Large strawberries) put aside. In a bowl cut 5 additional strawberries in half then mash. \*(Alternate strawberries - Let the frozen strawberries thaw. Once thawed, muddle (mush) the strawberries until they are all mashed and you have made a thick strawberry paste. If you like larger chunks of fruit, don't mush the strawberries as much.) In a large pitcher, combine the lemon juice, all the strawberries. Let stand for 15 minutes then add the 5 cups of water. Stir to combine. Add about half of the simple syrup into the mixture and stir to combine. Add the chopped mint leaves. Continue to add the syrup, 1/4 cup at a time, until the lemonade reaches your desired level of sweetness. Add the whole fresh mint leaves and stir again. If possible, place the lemonade mixture in the refrigerator for 30-60 minutes to allow the flavors to meld. If you can wait this time, you will be rewarded. If not, it will still be super tasty — just not as minty.

### Preparation

Serve cold. If you somehow don't finish the lemonade and want to store it for more than 2 days, I recommend straining out the mint leaves as they will wilt during a longer storage time. As you enjoy add a Mint leaf to your glass. Top with strawberry.