

## Park Point Aguas Frescas

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If your garden is brimming with fruits, herbs, vegetables and edible flowers, it might be time to make some *aguas frescas* (fresh waters). Simply made by steeping fresh produce in water, straining out the solids, and then sweetening it up a bit, if needed, these beverages can be refreshing, healthy and inexpensive treats.

At the Lafayette Community Edible Garden's event celebrating Neighborhood Night Out on August 4, 2009, we served the following aguas frescas.

### Orange Mint Chiller

Yield: 8 cups

8 cups water

2 large bunches fresh mint

1/4 cup orange juice

Honey, to taste

Heat the water to boiling in a 4 quart pot.

Clean the mint by running it under cold water, and then coarsely chop the leaves and stems. Drop the mint into the boiling water. Turn off the heat and let the mint steep in the water about 30 minutes.

Strain the liquid into a 2-quart pitcher, discarding the mint (put it in your compost pile).

Add orange juice and sweeten with a couple tablespoons of honey, if desired.

Chill thoroughly before serving. This will keep in the refrigerator for three days.

### Cucumber Water

Yield: 6 cups

6 cups cold water

1/2 cucumber, cleaned and sliced

1/2 lemon, cleaned and sliced

In a 2 quart pitcher, combine the water, cucumber and lemon slices. Refrigerate 4 hours before serving. This can be served with the cucumber and lemon slices left in the water or strained out. Drink within three days.

