

# Agriculture *in the* Classroom

Time: 30-45 minutes  
Grade Level: K-6

## No Cook Peppermints



### Ingredients

- 1/3 cup light corn syrup
  - 1/4 cup softened butter
  - 1-2 drops pure peppermint oil (**Do not let students handle peppermint oil. It is extremely concentrated.**)
  - 3-4 cups powdered sugar
  - Green food coloring (other colors can be used)
- \*AITC will provide peppermint oil.

### Quick Facts:

Oregon produces 28% of the nation's peppermint, making it the second largest grower of peppermint in the United States.

One pound of peppermint oil will flavor 45,000 sticks of gum.

### Directions

1. Using an electric mixer, or by hand, knead together the first three ingredients.
2. Continue kneading while you add in 3 to 4 cups powder sugar in small amounts.
3. Add in 5 drops of green food coloring.
4. Knead the mixture until it is firm and smooth.
5. Roll dough into marble-sized balls. Press them flat on wax paper.
6. Let stand overnight to harden (if your students can wait).

Makes approximately 75 candies.

### Notes

Peppermint is often used as flavoring in tea, ice cream, candy, chewing gum, and toothpaste. Peppermint can also be found in some shampoos and soaps.

Peppermint, like many spices and herbs, is believed to have medicinal properties. It is said to help upset stomachs, inhibit the growth of certain bacteria and can help soothe and relax muscles when applied to the skin.

