



ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

Basil Sweet *Ocimum basilicum*



Any enquiries can be directed to:
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Basils are rich in volatile oils, which often vary considerably within the same species and according to growing conditions.

The composition of oils in a particular plant affects its aroma, flavour and uses, and may make identification difficult.

O. basilicum is a much-branched, highly aromatic annual plant with ovate, bright green leaves. Whorls of small white, tubular flowers are borne in terminal racemes from summer to mid autumn.

Basil 'Geofure'. Excellent uniformity, aroma and flavor. Perfect for pots. Normally fairly low maintenance and can thus be quite easy to grow. A strong and vibrant plant.

Sweet Genovese Basil. Spicy leaves, said to be the best to make pesto.

USES OF THE HERB

Culinary

Leaves are used with tomatoes and tomato-flavored dishes, pasta sauces, vegetables, especially beans,

peppers, and eggplant, soups and stuffing for duck.

Aromatic

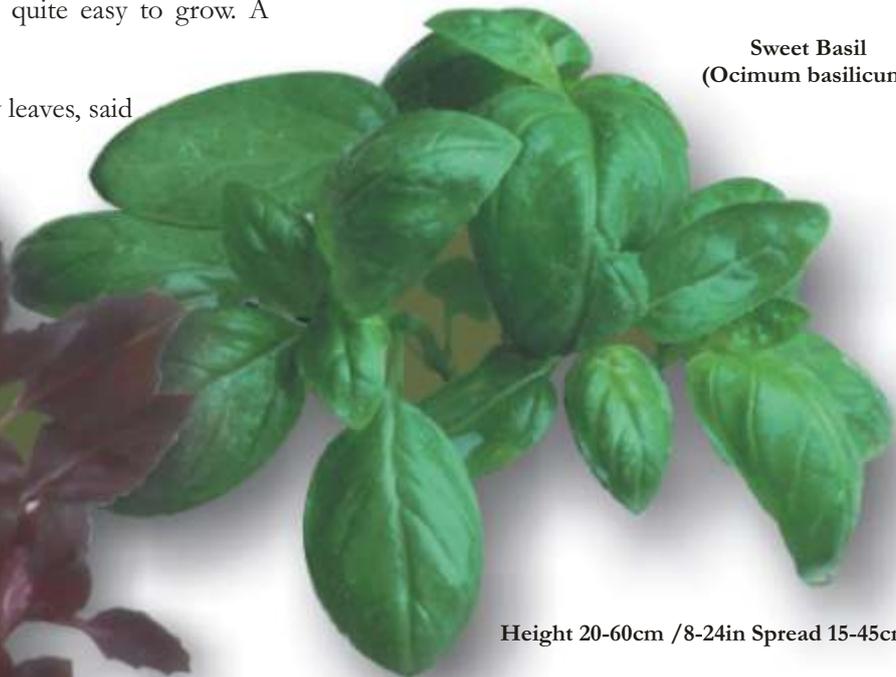
Oil is used in perfumery and aroma therapy.

Medicinal

Internally for feverish illnesses especially colds and influenza, poor digestion, nausea, abdominal cramps. Externally for acne, loss of smell, insect stings and skin infections.



Dark Opal Basil
(*Ocimum basilicum*
'Rubin')



Sweet Basil
(*Ocimum basilicum*)

Height 20-60cm / 8-24in Spread 15-45cm/6-18in

PARTS USED

Whole plant, leaves, seeds, oil

PROPERTIES

A restorative warming, aromatic herb that relaxes spasms, lowers fever, improves digestion and is effective against bacterial infections and intestinal parasites.

CULTIVATION

Ornamental. Rich, light, well-drained soil in sun. Slugs, aphids, white fly, spider mites and Botrytis may attack plants. Good companion plant for tomatoes.

HARVEST

Whole plants are cut as flowering begins and distilled for oil. Leaves are picked during the growing season and used fresh or dried.

Don't forget
Herbs book,
"Wonderful World
of Herbs."