



# BASIL

BASIL IS ONE OF THE MOST COMMONLY USED HERBS. IT IS USED FOR GARNISHES AND SEASONING IN MANY CULTURES AROUND THE WORLD AND OFFERS MANY BENEFITS TO OUR MIND AND BODY.

## HEALTH BENEFITS:

FIGHTS STRESS  
NATURAL ANTI-INFLAMMATORY  
PROMOTES HEALTHY DIGESTION  
IMPROVES SKIN HEALTH  
PACKED WITH NUTRITIONAL BENEFITS

## SOWING:

IF PLANTING IN SOIL, PLANT SEEDS ABOUT 6-8 WEEKS BEFORE THE LAST FROST.

PLANT  $\frac{1}{4}$  INCH BELOW SOIL SURFACE.

BASIL IS A GREAT COMPANION PLANT AND GROWS WELL WITH OTHER HERBS, LEAFY GREENS, PEPPERS, AND TOMATOES.

## NEEDS:

BASIL LIKE SUN, WATER, AND WELL DRAINING SOIL. IF PLANTING IN SOIL, PLANT SEEDS ABOUT 10-12 INCHES APART AND IN SUNNY LOCATIONS.

## GERMINATION AND GROWING:

BASIL TAKES ABOUT 5-14 DAYS TO GERMINATE.

PRUNE FREQUENTLY. REMOVE FLOWER HEADS WHEN THEY APPEAR TO HELP ENCOURAGE CONTINUAL GROWTH.

## HARVEST:

LEAVES. PINCH OFF LEAVES OR CUT OFF ENTIRE STEMS, LEAVING A FEW LEAVES ON THE PLANT.

## INFUSED WATER:

ALMOST ANY FRUIT CAN BE ADDED WITH BASIL TO INFUSE WATER.

## FRUITS THAT PAIR WELL WITH BASIL:

APPLES, BERRIES (BLACKBERRY, BLUEBERRY), CUCUMBERS, GRAPEFRUIT, MELONS, PEACHES, PINEAPPLE, POMEGRANATE SEEDS, TRY EXPERIMENTING WITH DIFFERENT COMBINATIONS (OR MAKING FRUIT AND BASIL ICE CUBES)