

GROWING GOOD HEALTH



Basil



Basil is a summertime herb that adorns countless dishes from pasta to caprese salad. It comes in many different varieties and can be used in tea, pesto, or chopped fresh in a salad. It is native to Africa and Southeast Asia, but it certainly grows well here in Middle Tennessee.

Growing Tips

Light Requirements: Ideally full sun, but it will grow well with some shade.

Soil Requirements: Nutrient-rich and well-draining soil.

Water Requirements: Keep soil moist and add mulch to keep down evaporation.

Space Requirements: Plant 8 to 18 inches apart.

Growing Tips: Make sure to pinch off the flowers to keep the leaves growing.

Harvesting: Snip individual leaves or whole stems.

Storage: Place harvested basil in a vase of fresh water.

Nutritional Information

Calories: 0 g

Total Fat: 0 g

Cholesterol: 0 mg

Sodium: 0 mg

Total Carbohydrate: 0.1 g

Dietary Fiber: 0.1 g

Sugar: 0 g

Protein: 0 g

Vitamin A: 132 IU

Vitamin C: 0 mg

Calcium: 4 mg

Iron: 0.1 mg

