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