

ANOTHER  
**HERB HERBERT**  
FACT SHEET

SPECIAL INTEREST HERBS

# BASIL PERENNIAL

Perennial  
*Ocimum* sp.



**D**ESCRIPTION  
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, flavor and uses, and may make identification difficult.

*Ocimum* sp. is a much-branched, highly aromatic perennial plant with ovate, light green sometimes tinged with purple (or blue, hence the variety name) leaves. Whorls of small tubular flowers are borne in terminal racemes from summer to mid autumn. The name *Ocimum* is from the Greek *okimon*, used by Theophrastus for basil.

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

**C**ULINARY  
Leaves are used with tomatoes and tomato-flavoured

dishes, pasta sauces, vegetables especially beans, peppers, and eggplant, soups and stuffing for duck.

**Aromatic**

Oil is used in perfumery and aromatherapy.

**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.

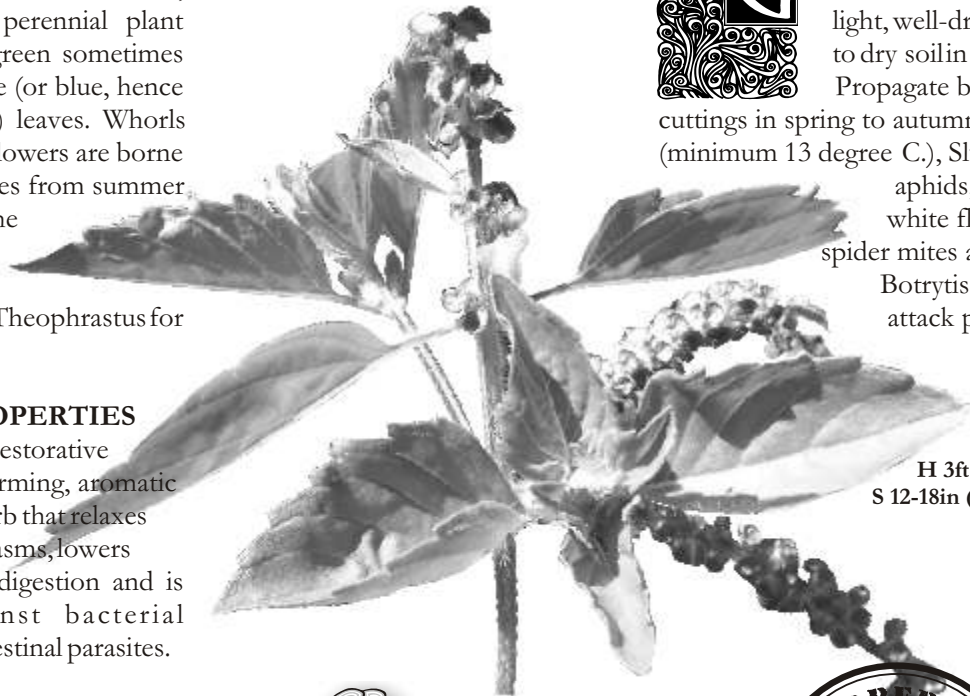
**C**ULTIVATION  
Whole plants are cut as flowering begins and distilled for oil. Leaves are picked during the growing season and used fresh or juiced, or dried for infusions.

**PARTS USED**

Whole plant, leaves, seeds, oil

**G**ROWTH  
Ornamental. Rich, light, well-drained to dry soil in sun. Propagate by cuttings in spring to autumn (minimum 13 degree C.). Slugs, aphids, white fly, spider mites and Botrytis may attack plants.

H 3ft (1m)  
S 12-18in (30-45cm)



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This Herb description is for informal use only; we cannot accept any liability for any harm or illness arising from the misuse of the plant described above