



CLOVE BASIL

Ocimum gratissimum

ANNUAL | LAMIACEAE FAMILY

ZONES: 5-10

EXPOSURE: FULL SUN | LIGHT SHADE

MATURE HEIGHT: 24-36" | SPREAD 36-42"

BLOOM: PALE YELLOW | MID-LATE SUMMER



Medicinal



Repellent



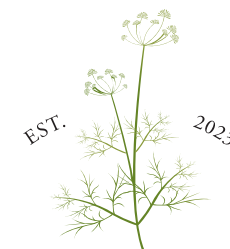
Pollinators



Aroma



Culinary



HERB & VINE

— healing plants —

The leaves, flowers and seeds are edible, and are used medicinally to aid in digestion, soothe sore throats and skin irritants, and to relieve headaches, fever and common sicknesses. Leaves are used as insect repellent and a natural disinfectant, and are commonly distilled for its essential oils.

- Culinary: leaves are used in soups and stews - lightly cooked or for garnish. Flavor similar to clove.
- Therapeutic*: antimicrobial, antioxidant, cardiovascular, glucose-lowering, and anti-inflammatory.
- Contains camphor, cineole, and limonene which are larvicidal and harmful to insects including mosquitoes.

Caution: clove basil should not be used during pregnancy or lactation.



*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.



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