



MAMMOTH BASIL

Ocimum basilicum (OH-sih-mum bass-IL-ih-kum)

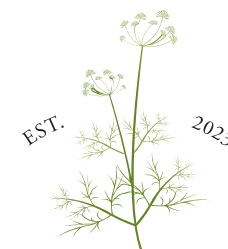
ANNUAL | LAMIACEAE FAMILY

ZONES: 3 TO 11

EXPOSURE: FULL SUN

MATURE HEIGHT: 30" | SPREAD 12"

BLOOM: WHITE | SUMMER



HERB & VINE

— healing plants —



Culinary



Medicinal



Companion



Repellent



Container



Pollinators

Sweet basil has been used for thousands of years as a culinary and medicinal herb. When compared to Genovese the flavor and scent are sweeter and less clove like.

- Culinary: great for pesto, as a garnish and flavoring for salads, sauces, and dressings.
- Therapeutic*: acts on the digestive and nervous systems, easing flatulence, stomach cramps, colic and indigestion.
- A natural mosquito and pest repellent.
- Plant near beets, asparagus and tomatoes.
- Harvest no more than 50% of leaves, but harvest often to promote new growth.



*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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