

Basil



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Suggested species: *Ocimum basilicum* (botanical name)

Herbs

PLANT



Sow seed 0.1 cm deep in pots. Keep seedlings well ventilated and not too wet. Transplant 30cm apart when 5-10cm tall. Choose fertile soil in sunny sheltered site

GROW



Keep well watered. Regularly pinch out growing tips to encourage bushy plants and delay flowering. Can grow in greenhouses or on a windowsill year round

EAT



Pick young leaves for use fresh or store by freezing, drying, or infusing flavour by submerging leaves in olive oil. Purple leaved varieties have less intense flavour

Growing guide

Give it a go...

Average growing period

From 12 weeks

Equipment needed

None

Germination time

5-10 days

Average plant size

45cm tall, 30cm wide

Family group to grow with

Lamiaceae: lemon balm, sage

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Fresh: calcium, iron, vit. A, vit. C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot