

# Basil

Suggested species: *Ocimum basilicum* (botanical name)

## Herbs

### PLANT



Sow seed 0.1cm 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

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