



BASIL SKIN CREAM



**ANCIENT
MEDICINE**



**FRESH
DELICIOUS
PESTO**

**DAZZLING
BASIL**



KING OF HERBS

**POTENT
ANTIOXIDANT**



REMARKABLE DETOXIFIER



PLANTING

SOWING TIME

Spring, Summer, early Autumn

GERMINATION

Seven - ten days

HEIGHT

40-50cm

PLANTING INSTRUCTION

1. Scatter seeds thickly across moist soil
2. Cover seeds with 1cm potting soil
3. Pat soil down gently
4. Water carefully with Sebor watering can & fine rose
5. Plant out a few seedlings when big enough to handle in the garden 30cm apart

EXPOSURE

Best is six hours of sun per day (windowsill will do)

PARTS USED

LEAVES

(Herbs can be used from a young age)

The more you harvest, the more leaves the herb will produce and branch out. The container can be used time and again for succession sowing & planting.



AMAZING PESTO RECIPE!

Serves 4 - 6

Spaghetti with basil pesto and Parmesan Cheese differs from region to region in Italy, depending on where the fresh basil was grown and what olive oil was used. This recipe comes from Florence and is still a classic to this day.

ALL YOU NEED

- 2 - 4 cloves garlic
- 2 cups fresh basil leaves, kept in iced water until the last moment before chopping
- 3 tablespoons pine nuts
- 3 tablespoons good extra-virgin olive oil
- 3 - 6 tablespoons freshly grated Parmesan cheese

Sea salt and black pepper to taste

500g spaghetti - freshly made is best!

Juice of one fresh lemon

OK! LETS GO!

Combine the garlic with the fresh basil leaves and pine nuts in a food processor, or crush them together in mortar and pestle, adding the olive oil little by little - it takes a few minutes to emulsify. Once combined into smooth paste, gradually add the finely grated cheese, mixing well. Taste for seasoning. Cook the spaghetti until just tender. Drain well in a large colander and squeeze lemon juice over the pasta. Mix in the pesto with light movements using two spoons so as not to break the spaghetti, and serve hot.

Sweet Basil has a special affinity for tomatoes and tomato flavoured dishes. Add to cheese, chicken, eggs, beans, marrows and pasta dishes. It makes an excellent herb butter.

GREAT FOR YOUR HEALTH



Used as a medicine since ancient times, basil's remarkable detoxifying properties are well documented. Basil tea is an excellent de-stressor and detoxifies and is also helpful for migraines, coughs, peptic ulcers, tonsillitis, mouth infections, hypertension, palpitations, indigestion and delayed menstruation. Use 1/4 cup fresh leaves to a cup of boiling water. Let the tea stand for five minutes, strain and sip slowly. It can also be cooled and used as a lotion.

BASIL SKIN CREAM

This is an effective cream for insect bites, rashes and itchy spots.

Ingredients

- 1 cup fresh basil leaves
- 1/2 cup calendula petals
- 1/2 cup elder flowers
- 1 cup good aqueous cream

Mix ingredients together in a double boiler and simmer for 20 minutes, stirring frequently. Remove from the heat and allow to stand and settle for 10 minutes. Strain and pour into a sterilised screw-top jar and label. Use lavishly and frequently.