



Basil



- Light: Full sun (6+ hours daily)
- Water: Keep soil consistently moist, not soggy
- Tip: Pinch growing tips to encourage bushy growth

Healing Benefits:

- Anti-inflammatory properties
- Contains vitamin K and flavonoids that support digestion and cardiovascular health.
- May help manage blood sugar and oxidative stress

Popular Uses:

Pesto, Caprese salad, pasta sauces, pizza, soups, infused oils and vinegars, herbal teas, and refreshing drinks like lemonade or mojitos.