



BASIL

Botanical Name: *Ocimum basilicum*

Common Name: Great basil, St. Joseph's Wort

Medicinal part: Leaves

Description: Some historical societies praised Basil as "kingly" and even considered it a token of love for the dead. It was cherished in India by those who practiced Ayurveda and was often used in tonics and salves. Contrarily, in many cultures, the herb was thought to harbour misfortune and was clouded by superstition. Today, basil is found on nearly every cook's spice rack and is enjoyed fresh in pesto sauce, pasta dishes, and more.



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