

BASIL

HARVEST OF THE MONTH

Season up September with Basil!

Basil is a seasoning herb. Its most popular use is in pesto. The name basil comes from the Greek word basilikohn, which means royal.

September



Basil Basics

Same family as peppermint; fragrant herb; round leaves

Nutrient Content

Vitamin K is important for proper blood clotting. Copper is essential for efficient use of iron.