

Basil

Ocimum basilicum

JW Farms 7



There are over 60 varieties of basil, each with its unique flavor, aroma, and potential health benefits. Some of the most common types include:

- **Sweet Basil:** The most popular variety used in Italian cuisine, known for its sweet and slightly peppery flavor.
- **Thai Basil:** Characterized by its anise-like aroma, it is commonly used in Southeast Asian dishes.
- **Holy Basil (Tulsi):** Revered in traditional medicine, it is believed to possess numerous health benefits.
- **Lemon Basil:** Known for its citrusy scent, this variety is often used in salads and teas.
- **Purple Basil:** This ornamental variety has a unique color and a slightly milder flavor.

Each type of basil offers distinct properties and can be utilized in various culinary and medicinal applications. Basil is part of the Mint family.

Basil is not only a flavorful herb but also a nutritional powerhouse. A 2-tablespoon serving of fresh basil contains:

- **Vitamin K:** Essential for blood clotting and bone health.
- **Vitamin A:** Important for vision, immune function, and skin health.
- **Vitamin C:** An antioxidant that supports the immune system and skin health.
- **Iron:** Vital for oxygen transport in the blood.
- **Calcium:** Important for bone health and muscle function.
- **Magnesium:** Essential for energy production and muscle function.

In addition to these vitamins and minerals, basil is rich in antioxidants, which help combat oxidative stress in the body. Antioxidants like eugenol, rosmarinic acid, and flavonoids contribute to basil's potential health benefits.



Holy basil (*Ocimum sanctum*) and sweet basil (*Ocimum basilicum*) are different varieties. Holy basil is often used in traditional medicine, while sweet basil is commonly used in cooking.

Headaches
 Fever
 Colds
 Eyesight
 Dandruff
 Hair Loss
 Stomach Pains
 Skin Diseases
 Teeth Disorders
 Bites
 Stings
 Deodorizer
 Acne
 Stress
 Regulates Blood Sugar
 Heart Health
 Mental Health
 Digestive Health
 Adaptogen
 Cardiovascular
 Cellular Body Guard
 Liver
 Lowers Cholesterol
 Reduces Risk of Stroke
 Slows Aging
 Boosts Immune System
 Fights Cancer
 Energy
 Stamina



Teas

Tinctures

Fresh Leaves

Essential Oils

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- Fresh Salads: Add freshly chopped basil leaves to your salads for a burst of flavor.
- Pesto: Make a classic basil pesto by blending fresh basil with garlic, nuts, olive oil, and cheese.
- Soups and Stews: Enhance the flavor of soups and stews by adding basil towards the end of cooking.
- Herbal Teas: Brew holy basil tea for a calming beverage that may help reduce stress.
- Smoothies: Toss in a few basil leaves to your smoothie for a unique twist.

The Anti' s:

Antioxidant
 Anti-Inflammatory
 Antidepressant
 Antibacterial
 Antifungal
 Antimicrobial
 Antiviral
 Anti-Aging



Caution

- Generally, basil is safe for most people when consumed as a food. However, those on blood-thinning medications should consult their healthcare provider, as basil can affect blood clotting.