



Full sun

Moist, well-drained soil.

water moderately

60°F - 90°F

Basil needs little organic Fertilizer should be added to the soil before planting.

## Caring for Basil Genovese Green

- Although basil is relatively trouble-free, it is susceptible to certain pests and diseases that can cause yellowish leaves on basil plants.
- Basil picked for use in the kitchen is best held in a glass of water at room temperature.
- Putting basil in the refrigerator results in discolored and unattractive leaves.

## Harvesting

Limited harvesting of the leaves can start on young plants and as they get larger, individual leaves as well as tips of the plants can be harvested.

Pinching the tips of stems encourages a bushy plant and more leaf growth resulting in a round plant full of aromatic basil. Basil flower buds should be removed by pinching as soon as you see them form.

Leaving them on the plant will affect the flavour of the leaves.

## Typical uses of Basil Genovese Green

### Special features:

Cultivated in gardens for culinary use.

White, tubular flowers in interrupted spikes.

broad oval-shaped leaves in pairs.

### Culinary use:

Basil is easily dried for storing and future use.

It is used to flavour soups, stews, tomato dishes, meat, game, fish, egg dishes, herb butters and herb vinegars.

### Medicinal use:

Healing: Sharpen memory, use as a nerve tonic, and remove phlegm from your bronchial tubes. Repeat up to once an hour. Leaves can strengthen the stomach and induce profuse sweating. The seeds can be used to rid the body of excess mucus.

Fevers: Basil leaves are used for quenching fevers, especially those related to malaria and other infectious, eruptive fevers common to tropical areas. Boiling leaves with some cardamom in about two quarts of water, then mixed with sugar and milk, brings down temperature. An extract of basil leaves in fresh water should be given every 2 to 3 hours; between doses you can give sips of cold water. This method is especially effective for reducing fevers in children.

Coughs: Basil is an important ingredient in cough syrups and expectorants. It can also relieve mucus in asthma and bronchitis. Chewing on basil leaves can relieve colds and flu symptoms.

Sore Throat: Water boiled with basil leaves can be taken as a tonic or used as a gargle when you have a sore throat.

Respiratory Disorders: Boiling basil leaves with honey and ginger is useful for treating asthma, bronchitis, cough, cold, and influenza. Boiling the leaves, cloves, and sea salt in some water will give rapid relief of influenza. These combinations should be boiled in about two quarts of water until only half the water remains before they are taken.

Kidney Stones: Basil can be used to strengthen your kidneys. In cases of stones in your kidney, the juice of basil leaves mixed with honey and taken daily for 6 months will expel them through the urinary tract.

Heart Problems: Basil can be used to strengthen those weakened by heart disease. It can also reduce your cholesterol.

Children's Illnesses: Pediatric complaints like colds, coughs, fever, diarrhea, and vomiting have been known to respond to treatment with the juice of basil leaves. Also if the rash associated with chicken pox is delayed, basil leaves with saffron will bring them to the surface more quickly.

Stress: Basil leaves can be used as an anti-stress agent. Chewing 12 basil leaves twice a day can prevent stress. It will purify the blood and help prevent many other common ailments.

Mouth Infections: Chewing a few leaves twice daily can cure infections and ulcerations of the mouth.

Insect Bites: Basil can be used as preventative and as a curative. A teaspoonful of the basil leaf juice taken every few hours is preventative. Rubbing the bites with juice can relieve the itching and swelling. Also a paste of the root is effective for treating the bites of insects and leeches.

Skin Disorders: Basil juice applied directly to the affected area is good for ringworm and other common skin ailments. Some naturopaths have

used it successfully in the treatment of leucoderma (patches of white or light-coloured skin).

**Tooth Problems:** Dry basil leaves in the sun and grind into powder for a tooth cleansing powder. You can also mix with mustard oil to make herbal toothpaste. Both of these methods will counter bad breath and can be used to massage the gums, treat pyorrhoea, and other dental health problems.

**Headaches:** Basil is a good headache remedy. Boil leaves in half a quart of water, cooking until half the liquid remains. Take a couple of teaspoons an hour with water to relieve your pain and swelling. You can also make a paste of basil leaves pounded with sandalwood to apply to your forehead to relieve headache and provide coolness in general.

**Eye Disorders:** Basil juice is a good for night-blindness and sore eyes. Two drops of black basil juice in each eye at bedtimes each day is soothing.

## References

<http://www.seedman.com/basil.htm> <http://extension.illinois.edu/herbs/basil.cfm> <http://www.offthegridnews.com/alternative-health/medicinal-uses-and-health-benefits-of-basil/>

## Reviews

Sunday, 03 September 2017

Came on time... and the plant seems to be growing really fast. Hope I get a vegetable soon.

Joshi Prisy

Thursday, 31 August 2017

Can this be grown in terrace.

Ashraf Hassan

Friday, 25 August 2017

can we collect seeds of this plant to regrow.

Bhaskar

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