

## Ocimum Basilicum Sabja - Plant



Ocimum Basilicum have a high percentage of about 42% carbohydrates, 20% proteins and almost 25% fats. They have exceptionally high fiber content. In just 4 grams of Tukmaria seeds, there is more fiber than an entire bulb of lettuce. They have almost negligible calories and have alpha-linolenic acid abbreviated as ALA acid. It is highly beneficial since it has Omega-3 fatty acids

Rating: Not Rated Yet

### Price

Sales price R 319

Discount

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### Description

## Description for Ocimum Basilicum Sabja

Sticky Wild Basil is a subshrub, growing from a woody base. Branchlets are finely velvet-hairy, 4-angled, becoming round later. Leaves are decussate, elliptic to nearly round, up to 2 x 1.5 cm, densely velvet-hairy below, base flat, margin rounded toothed, tip blunt; leaf-stalk to 1 cm. Flowers are borne in whorls of 6, on a 3-chotomous raceme at branch ends.

Common name	Flower colours	Bloom time	Height	Difficulty
Houttuynia cordata	Yellow to reddish	Dry climate to bloom	8 to 18 feet	Easy, Moderately easy

## Planting and care

To get a head start, start the seeds indoors 6 weeks before the last spring frost. Ensure your outdoor site gets 6 to 8 hours of full Sun daily; soil should be moist and well-drained.

Sunlight	Soil	Water	Temperature	Fertilizer
Full Sun	Well-drained soil	Keep soil moist throughout the growing season	25 to 30 degrees C	Use any organic fertilizer

## Caring for Ocimum Basilicum Sabja

- Make sure that the soil is moist. Basil plants like moisture.
- If you live in a hot area, use mulch around the basil plants (the mulch will help keep the soil moist).
- Make sure to pick the leaves regularly to encourage growth throughout the summer.
- After 6 weeks, pinch off the center shoot to prevent early flowering.
- If flowers do grow, just cut them off.

## Typical uses of Ocimum Basilicum Sabja

**Special features:** After the seedlings have their first six leaves, prune to above the second set. Every time a branch has six to eight leaves, repeat pruning the branches back to their first set of leaves

**Ornamental use:** Can be used for ornamental purpose

**Medicinal use:** Unverified information Because of its medicinal virtues, Tulsi is used in Ayurvedic preparations for treating various ailments. Note: The following information is general guidelines. Be sure to ask your healthcare provider for guidelines.

## References

<http://www.almanac.com/plant/basil> <http://www.flowersofindia.net/research/search.php?query=Basil&stpos=0&stype=AND>