

Basil

Ocimum basilicum



It is a herbaceous plant with rough leaves, finely toothed, oval and very fragrant.

At the top has white or purple flowers (although less common).

It can measure up to 50 cm.

More information:

https://www.amu.bio/_basil

Cultivation

It is a plant that grows best at temperatures above 18 ° C, does not support cold temperatures.

In cold climates it is advisable that its cultivation is done in greenhouses.

Need high sun exposure and should receive direct sunlight a few hours a day.

The soil should be well drained, light, fertile and rich in organic matter.

Basil is quite tolerant to PH soil, just very acidic soils are unsuitable for this plant. It is important that the soil is maintained slightly moist because both, the lack and excess of water are harmful for this plant.

Possible to propagate by sowing, directly in a definitive place, in a garden, especially in hot climates. They can also be planted in seedbeds, small pots or cups made of newspaper with approximately 10 cm by 5 cm in diameter. In this case, the basil should be

transplanted when they have 6 leaves and about 10 to 15 cm.

Basil can also be propagated by cuttings, or by cut lines of healthy adult plants. Cut branches with approximately 15 cm long and remove the leaves leaving only the nearest end of the branch (leave 3 or 4 pairs of leaves). Dip half the bottom branch in a water container until roots arise (it takes up to two weeks) and then plant them. It can easily be grown in planters and medium to large vases.

You can choose to cut the flowers to improve the leaf growth.

History

It has origin in India and it is still considered by the Indians a sacred and fundamental plant that develops spiritual growth, promotes relaxation and balance.

Utilization

Basil is especially known for its antiseptic properties, detoxifying, soothing and expectorant, which is due to its chemical composition (flavonoid, tanecos and essential oils). Due to its phenolic compounds, this plant has a high antioxidant potential, operating in combat and the spread of free radicals (associated with premature aging and degenerative diseases such as cancer, cardiovascular diseases, and neurodegenerative such as Parkinson's and Alzheimer's).

Famous in cooking for its aroma and unmistakable flavor, this herb can be used in various dishes, such as pasta, sauces, salads, bread, pâté, soups, juices and pastries, etc.

For its freshness, sharp aroma and antioxidant compounds are held, basil should be added only in the last step of recipes.

There are no restrictions on the amount in their consumption and can be consumed by anyone.