

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Basil Cuban

Ocimum basilicum 'Cuban'



Any enquiries can be directed to:
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Basil is rich in volatile oils, which often vary considerably within the same species and according to growing conditions.

The composition of oils in a particular plant affects its aroma, flavor and uses, and may make identification difficult.

The name *Ocimum* is from the Greek *okimon*, used by Theophrastus for basil.

Cuban basil is a small-leaved variety whose flavor and scent make it a favorite in the garden. The small leaves are always tender, it is slow to bloom, and it is a vigorous grower that can reach 1.2m/39in. And though no basil loves cool weather, this variety is the most tolerant of cool temperatures.

PARTS USED

Whole plant, leaves, seeds, oil.

PROPERTIES

An aromatic herb that relaxes spasms, lowers fever, improves digestion and is effective against bacterial infections and intestinal parasites.

USES OF THE HERB

Culinary

Leaves are used with tomatoes and tomato-flavored dishes, pasta sauces, vegetables especially beans, peppers, and eggplant, soups and stuffing for duck.

Aromatic

Oil is used in perfumery and aromatherapy.

Medicinal

Internally for feverish illnesses especially colds and influenza, poor digestion, nausea, abdominal cramps. Externally for acne, loss of smell, insect stings and skin infections.

CULTIVATION

Ornamental. Rich, light, well-drained to dry soil in sun. Propagate by seed sown in spring (minimum 13 degree C.), or by softwood cuttings in spring. Slugs, aphids, white fly, spider mites and *Botrytis* may attack plants. Good companion plant to tomatoes.

HARVEST

Whole plants are cut as flowering begins and distilled for oil. Leaves are picked during the growing season and used fresh/or dried.



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Height 1.2m/39in

