

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET



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Basil Compact

Ocimum obovatum

Basils are 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.

O. obovatum **Greek, Spicy Globe and Cuban Basils** are dwarf varieties and have very small, pungent leaves, less than 1cm/1/2in long. Tiny, white flowers occur in whorls or in terminal spikes. It makes a neat plant for pot culture or edging.

These compact basils are small-leaved varieties 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-flavoured 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 (perennials and shrubs only). Slugs, aphids, white fly, spider mites and Botrytis may attack plants. Good companion plant for 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 and Spread 15-30cm/6-12in

Don't forget
Herbs book,
"Wonderful World
of Herbs."

