PLANT FACT SHEET

Ocimum americanum Linn.

GENUS *Ocimum* **FAMILY** Lamiaceae

COMMON NAMES Sweet basil

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Spice, Vegetable, Root, Flowers

The seeds are soaked overnight as the base for a cooling drink. They are also eaten raw.
The leaves are made into a paste with spices and eaten raw. They are also used in chutney. They can be dried for later use.
The seeds are mixed with other grains to make bread.
The flowers are used as a flavouring.

DESCRIPTION

A herb. It grows each year from seed. It grows 20-30 cm high. The stems are erect and hairy. There are many branches. The leaf stalk is 5-12 mm long and hairy. The leaf blade is oval and 1-1.7 cm long by 5-10 mm wide. The base is wedge shaped and the edges can have teeth. There are 4-5 pairs of side veins. The flowering stalks are crowded and 10-14 cm long.

HABITAT

A tropical plant.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

There are about 150 Ocimum species.

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