

**Common names**

**Camphor basil, Karpoor basil,**

Lamiaceae

**Scientific name**

***Ocimum kilimandscharicum***

**Edible portion**      Leaves - tea, Leaves - flavouring,



**Description**

A shrub. It keeps growing from year to year. It grows 2 m tall. The branches are 4 sided and hairy. The leaves are simple, opposite and oblong. They narrow to the base. There are teeth along the edge. The seeds are black and very small. They are 2 mm long and 1 mm wide.

**Distribution**

A tropical plant. It needs well drained soil. It suits areas with a rainfall or 1,250 mm per year. In India it grows up to 900 m above sea level.

**Found in:**

Africa, Asia, Cuba, East Africa, Himalayas, India, Kenya\*, Northeastern India, Turkey, Türkiye, West Indies,

**Use**

The leaves are occasionally use for tea.  
They are used to flavour rice, dahls and vegetables.  
The shoots are cooked with dried fish and alkali solution and eaten.

**Cultivation**

It can be grown by seeds or cuttings. The seeds are put in a nursery and then transplanted.

**Production**



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**Nutritional Values**

*Ocimum kilimandscharicum*

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
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... through the strategic use of God's amazing natural resources*

