Tulsi - Holy Basil

*Ocimum sanctum* L.

**When to Plant:** April-June

**When to Harvest:** As early as 40 days after planting

**Uses in Medicine:** This herb been shown to have mild anti-depressive and anti-anxiety properties. It also boasts high levels of vitamin A and C, calcium, zinc, and iron. Additionally, the leaves contain anti-oxidants, some reported benefit to joint and muscle pain.

**Uses in Cooking:** One can substitute thai or sweet basil for tulsi basil however know that this variety of basil has a more peppery taste and will not carry the same flavor profile one may expect with ordinary basil. Many who use Tulsifor it's medicinal properties opt to prepare a tea from it's leaves.

**Fun Facts:** The dried leaves of Tulsi were historically mixed with grain stores and used as an insect repellent.