

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 has 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 Tulsi for its medicinal properties opt to prepare a tea from its leaves.

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

