

SWEET BASIL *(Ocimum Basilicum)*



Basil is a herb that originates from Asia and Africa. It is used in small amounts as a flavouring and is a source of Vitamin K.

Plant between August and January in South East Queensland. Avoid planting in colder months. Plant in full to partial shade.

Care for basil by watering the base regularly, avoiding the leaves to prevent leaf diseases.

Harvest leaves when they are vibrant and mature. Can be picked using hands or gardening scissors. Pick small amounts from the top of the plant regularly to keep the plant healthy. Remove flowers as they appear and put them in the garden bed.

Store at room temperature, avoid refrigeration. Can be dried to extend shelf life. Place in ice trays with butter or oil and freeze to use in future cooking.

Prepare by washing. Crush or chop to enhance flavour or use whole leaves as a garnish.

Eat on pizza, in pesto, with pasta or in a fresh salad. Basil can be consumed fresh or cooked.

Taste of sweet and savoury with tones of mint, anise, clove and pepper.

VEGAN BASIL PESTO

Recipe by Michelle Lipscomb **3rd Year Nutrition Student**

A delicious blend of herb, lemon and garlic flavours. A versatile condiment that adds a burst of flavour and nutrients to many dishes.

Preparation time: 10 minutes

Total time: 10 minutes

Serves: 6

Ingredients

½ cup raw cashews

½ cup walnuts

⅓ cup nutritional yeast

½ cup fresh curly leaf parsley

1 cup fresh basil leaves

2-3 cloves fresh garlic

¼ cup olive oil

¼ cup fresh lemon juice

¼ cup water

1 teaspoon sea salt

¼ teaspoon black pepper

Method

1. Add all the ingredients to a blender or food processor.
2. Process until smooth.
3. Serve with bread, pasta or zucchini spirals.

Tips

- Nutritional yeast can be swapped for grated parmesan cheese.
- Store in the fridge for up to seven days.
- Can be frozen for up to six months (ice cube trays work well).
- Can also be used as a meat marinade, pizza base or spread over baked vegetables.
- Swap cashews for pine nuts.



The Moving Feast

The following sources were used to inform this infographic:

1. ABC. Gardening Australia: Basil [Internet]. 2018 [cited 2022 Aug 29]. Available from: <https://www.abc.net.au/gardening/plant-finder/basil/9627868>
2. Healthline. Basil: Nutrition, Health Benefits, Uses and More [Internet]. 2018 [cited 2022 Aug 29]. Available from: <https://www.healthline.com/nutrition/basil#nutrition>
3. Masterclass. Culinary Guide to Basil: Benefits and Uses [Internet]. 2021 [cited 2022 Aug 29]. Available from: <https://www.masterclass.com/articles/culinary-guide-to-basil-benefits-and-uses>
4. Yates. How To Grow Basil [Internet]. 2022 [cited 2022 Aug 29]. Available from: <https://www.yates.com.au/how-to-grow/basil/?fbclid=IwAR3njMGdFq35Frgc2KqkFdD0hbvJNHsMqcSNKh-lqz3vjEz3oxxyvupSdvl>