

TREASURE VALLEY GROWN
FARM SEEDS**BASIL****Dwarf Varieties-*Ocimum basilicum minimum***

These varieties have smaller, more intensely flavored leaves and typically grow faster than other basil varieties. They perform wonderfully in a container.

Lettuce Leaf Basil- *O. basilicum crispum*

This type of basil has large leaves that are mild in flavor. They are commonly used in salads and for filling wraps such as sliced, grilled steak.

Purple-Leaved Basil- *O. basilicum purpurascens*

Not only are these colorful in the garden, but also on your plate! The leaves can be used to add flavor and color vinegar. 'Purple Ruffles' is a beautiful variety with a rippled leaf margin. 'African Blue' is nice as a ornamental herb or for the kitchen.

Scented Basil- *O. basilicum odoratum*

Add a little fun to your kitchen by trying a basil with an aromatic twist! These are used in Thai Cooking and in iced tea, salads, pasta, and oils & vinegars.

Growing & Harvesting

Basil needs to be planted in a sunny location where the soil is well drained and fertile. They like to be watered frequently and fertilized every few weeks, however too much nitrogen can affect the flavor, so a weaker mix is recommended.

For best results, pinch the plants back often to encourage growth from the sides. The younger leaves usually have the best flavor. Always remove flower buds to prolong the life of the plant. (Basil is an annual, which means that it grows, blooms, and dies after flowering.) Handle it carefully to avoid bruising.

For preserving the leaves for winter use, the leaves should be washed, dried, and chopped in a food processor. Slowly add olive oil through the feed tube of the processor until the mixture becomes a wet paste. Freeze the mixture in an ice cube tray covered in plastic wrap. They can then be added into soups, stews, and sauces. Basil can also be dried and kept in an air-tight container for future use.

Cooking with Basil

Basil can turn bitter if cooked wrong. As a rule of thumb, add it to dishes at the end of the cooking time. A nice method of chopping basil is to roll the leaves into a cylinder, and cutting into thin slices.

Look at the back of this page for recipes!

COOKING WITH BASIL

Pasta Salad

1/4 cup extra virgin olive oil
3 Tbl balsamic vinegar
Salt & Pepper to taste
1 lb. rotini pasta, cooking, drained & cooled
2 tomatoes, chopped
2 cucumbers, peeled, seeded & chopped
30 medium size basil leaves, julienned

While pasta is cooking:

Mix first 3 ingredients to make a dressing & set aside. Prepare cucumbers, tomatoes & basil. Toss cooled pasta with cucumbers & tomatoes. Fold in mixed salad dressing & Basil.

Serve

Chef Paul Brakeman

Try not to let basil plants flower.

If they do, use the florets in fresh salads for a hint of basil flavor.

Freezing Pesto

Pesto can be frozen for later use. Measure out small amounts & freeze. Omit Parmesan cheese & pine nuts if you're freezing Pesto. Add these ingredients after thawing.

Pesto

1-2 cloves of garlic
Salt
3 Tbl Pine Nuts
3 cups loosely packing basil leaves, stems removed, leaves washed & dried
1/2 cup parmesan cheese, grated
1/2 cup extra virgin olive oil

By Hand

In a mortar & pestle: Smash garlic, 1/2 tsp salt & the pine nuts to break them up. Add basil leaves a handful at a time. Grind them, using a circular motion, until you have a fairly fine paste. Briefly work in the cheese. Stir in olive oil. Add salt to taste.

Using a Food Processor

Use the same ingredients but in the following order: Process the garlic, salt, pine nuts until finely chopped. Then add the basil & olive oil. When smooth, add parmesan cheese.

Use Pesto as a sauce for pasta, brushed on grilled chicken or vegetables, or as a tasty spread on toasted baguette rounds.