

# Basil



<b>Uses</b>	Used in cooking, pestos, teas and tinctures for its aroma and flavour, It is used to reduce inflammation, treat migraines, stomach complaints and it helps to eliminate bacteria and fungus.
<b>Warnings</b>	When consumed as tea or in food Basil is safe, utilising the leaves, stalk or seeds. Caution needs to be used if using the essential oil as collecting the oil concentrates a chemical in it called Estragole. which can increase the risk of liver cancer. Also, consult a doctor if you are taking anti-coagulents or antiplatelet medications before using the essential oil.
<b>Soil</b>	Combine garden soil with compost, perlite, and a small amount of sand to create a well-draining mix. Soil ph should be around 6/7.
<b>Sun</b>	Basil performs best with full sun exposure.
<b>Temp.</b>	Ideal Temperature range is between 21-32°C, it can grow seasonally in temperate climates but will thrive beautifully indoors all year round.
<b>Water</b>	Basil needs watering regularly, usually every few days, depending on factors like pot size, climate, and soil type, with container-grown basil often requiring more frequent watering than outdoor plants.
<b>Care Tips</b>	Pinch off flower buds to promote leaf growth, harvest leaves frequently by cutting stems from the top, and avoid splashing water on the leaves to prevent fungal diseases; most importantly, regularly prune to maintain a bushy shape and encourage new growth

<h2 style="text-align: center;">Pests</h2>	<p>slugs, snails, aphids, Japanese beetles, caterpillars, earwigs, and grasshoppers are all prone to attack these plants outdoors. Raised beds, slug traps using beer or a spray of canola oil mixed with vinegar and/or baking soda are the best organic choices to get rid of these pests. Indoor plants are usually quite safe.</p>
<h2 style="text-align: center;">Disease</h2>	<p>Mold, mildew and fungal growths as well as spotted leaves indicate disease. To avoid this use clean seed and fresh potting soil. Rotate outdoor plantings, Removing and destroying affected plants</p>
<h2 style="text-align: center;">Propogate</h2>	<p>Basil can propagate by seed, or by stem cuttings in water or soil.</p>
<h2 style="text-align: center;">Harvest</h2>	<p>Pinch individual leaves where they meet the stem, starting from the top of the plant and working your way down; for larger quantities, cut entire stems just above a leaf node, ensuring you don't take more than a third of the plant at once to encourage bushy growth and continuous harvest throughout the season</p>
<h2 style="text-align: center;">Store</h2>	<p>Basil can be frozen with olive oil in ice cube trays for use in cooking Its best hung in bunches to air dry before drying in the oven on its lowest setting. It can last 6 months to 3 yrs depending on how its sealed.</p>
<h2 style="text-align: center;">Science</h2>	<p><a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC9102432/#:~:text=Lowest%20toxicity%20as%20identified%20from,due%20to%20less%20toxic%20effects.">https://pmc.ncbi.nlm.nih.gov/articles/PMC9102432/#:~:text=Lowest%20toxicity%20as%20identified%20from,due%20to%20less%20toxic%20effects.</a></p>