

# Holy Basil



It is native to the Indian subcontinent and widespread as a cultivated plant throughout the South-east Asian tropics. Tulsi is cultivated for religious and traditional medicine purposes,

and also for its essential oil. It is widely used as a herbal tea, commonly used in Ayurveda, and has a place within the Vaishnava tradition of Hinduism, in which devotees perform worship involving holy basil plants or leaves. The variety of *Ocimum tenuiflorum* used in Thai cuisine is referred to as Thai holy basil and is the key herb in phat kaphrao, a stir-fry dish; it is not the same as Thai basil, which is a variety of *Ocimum basilicum*.

## *Ocimum tenuiflorum*

- **Use:** Known as the “elixir of life” in Ayurvedic medicine used for countless therapeutic purposes. A flavorful, fragrant cooking herb with notes of clove, mint, anise and citrus. Loved by pollinators and an effective companion plant for tomatoes and peppers. watered, but not drowning. Pinch tips back occasionally to produce a bushy plant! Use slow release fertilizer for best results
- **Growth:** This variety grows only 2’high and wide, creating a perfectly uniform sphere.
- **Hardiness:** Zone 9-10, Annual; Herb
- **Foliage:** It’s easy to grow your own Holy Basil herbal tea from the clove-scented foliage of this plant that’s often called the “elixir of life. It is famous for its peppery, crisp taste.
- **Flower:** not known for flowers, but purple.

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