

ABC'S OF SPICES

We already gave you the ABC's of Food but the Cook County Farm Bureau also loves spices... All types of spices with all types of flavors. In this feature, we will be highlighting different types of spices, from A to Z. If you'd like a full list of the ABC's of Food, contact the CCFB office.

This month
"B"

BASIL



Basil is an aromatic herb used whole, chopped, or crushed in a wide variety of savory and sweet preparations.

Basil is in the Lamiaceae or mint family.

The leaves bear different flavors with each variety, and generally have an herbal, sweet, and nutty taste with fresh licorice nuances.

Basil leaves widely range in size and appearance, averaging 3 to 11 centimeters in length with an oval to lanceolate shape.

BASIL IS AVAILABLE YEAR-ROUND.



Basil can be infused into oils and vinegar, or blended into sauces such as pesto.

Individual leaves can also be stored in between paper towels in a plastic bag, kept in the fridge for two to four days.

Basil flower buds are edible and can be mixed into salads, soups, and bowls.



Basil is an excellent source of vitamin K, a nutrient that assists in faster wound healing, and is a good source of iron to build the protein hemoglobin to transport oxygen through the blood.