



Harvest of the Month

Basil



Nutrition Information

- Adding herbs like basil can enhance flavor without the need for extra fats or salt.
- Basil is a good source of vitamins A, C, K, and B6.
- It also contains minerals like manganese, iron, magnesium, and copper.

Selection and Storage

- Look for vibrant green leaves free of dark spots and decay.
- Avoid basil that is drooping, yellowing, or wilting.
- Wrap the basil in a damp paper towel and store it in a ziplock bag in the refrigerator. Use it within four days.
- Chop or mince the basil and place it in ice cube trays. Cover it with oil or boiling water, then freeze and once frozen, store in a bag or container.

Fun Facts

- Basil is native to India and has been cultivated for 5000 years.
- Basil can be green, purple, or nearly black in color.
- Basil belongs to the mint family.
- Most types of basil grow between 1 to 3 feet tall, but some can grow up to 10 feet.
- The name "basil" comes from the Greek word "basileus," which means king.
- There are more than 150 different varieties of basil.
- In 2007, NASA sent 10,000,000 cinnamon basil seeds into space.



Recipes

- [Turkey and Rice Soup - National CACFP Association](#)
- [Pizza Kebab - National CACFP Association](#)
- [Spring Rolls - National CACFP Association](#)
- [Minestrone Soup – Food Hero](#)
- [Herb Vinaigrette; Pesto; and Strawberry, Cucumber, Basil Salad - Feed Our Future](#)
- [Melon Melody - Massachusetts Farm to School](#)



Educational Resources

- Food Hero has many nutrition education resources available to support your Harvest of the month. Check out their [Herbs and Spices Basics\(Spanish\)](#), [Herbs and Spices Coloring Page \(Spanish\)](#), [Herbs and Spice Garden Tips \(Spanish\)](#).
- [Herb Spiral Garden - KidsGardening](#)
- [Sensory Herb Garden Lesson – Massachusetts Farm to School](#)
- [Herbs Coloring Sheet - Feed our Future](#)

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).