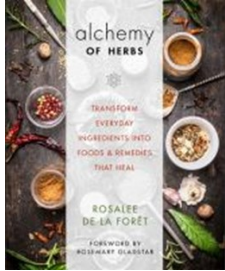


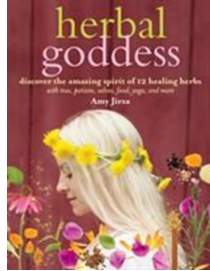
Learn More

Holy basil, a plant native to India, has long been considered sacred to Hindu people and is used in Ayurvedic remedies to promote a healthy mind, body, and spirit. The herb is also known as tulsi. It has a different, more pungent, taste from sweet basil and is less often used in cooking, more commonly used in a tea or juice to take in its health benefits.

Recommended Reading:



Alchemy of Herbs
by Rosalee de la
Foret



Discover the
Amazing Spirit of 12
Healing Herbs With
Teas, Potions, Salves,
Food, Yoga, and
More

Craft: Plant Pounding



1. Place your paper on a hard surface and lay out your plant on the paper.
2. Place another piece of paper on top of the plant. Gently tap the plant through to top paper, making sure to tap every part of the plant. Some color may bleed through to top sheet, but that's okay!
3. Remove the top sheet and the plant from the paper. If any plant bits are left behind, carefully scrape those from the paper. You can outline the shapes with a pen, if desired .

Try out different plants for different results. Finished plant impressions make great decorations, stationary, or greeting cards!

Supplies:

- Watercolor or sketch
- Flowers or leaves (look for "juicier" plants, these plants will give better impressions.)
- Hammer with a flat metal head
- Hard surface

Seed Kits:

Red Leaf Holy Basil (*Ocimum tenuiflorum*)



Image from Kitizawa Seed Co.

Holy basil is an essential herb in the Thai kitchen. This variety has pointed purple-tinged leaves. The plants have a bush growing habit and leaves have with a spicy, clove like, musky flavor and aroma.

Seed Package Instructions:

Culture: Good in containers or garden area. Plant outdoors in late spring or early summer. Select a sunny area with moderately rich soil. Plant seeds about ¼" deep with a spacing of about 2 to 3 seeds per inch in rows 18 inches apart. Thin to 4 inches apart after seedlings have 3-4 sets of leaves.

Water: Keep soil moist, but not saturated, until seedlings emerge (10-24 days). Thereafter, provide even moisture on a regular basis to prevent complete drying of soil. Provide additional moisture on days of extreme heat.

Harvest: Holy Basil reaches maturity in 90-100 days. Once plant is established, harvest by picking leaves or cutting stems as needed until just before the plant starts to flower. Then cut entire plant 4-6 inches above the ground to promote a second growth.

Culinary Tips: Use in stir-fry or steep for a soothing tea.

Share your
gardening experience
with us for a chance to
win a prize!



Grab & Grow
Seed Kits



PLANTING LOG

PLANT NAME _____

LATIN NAME _____

EXPECTED DAYS TO GERMINATION _____

EXPECTED DAYS TO MATURITY _____

Location of Planting:

Watering Log:

Date Seed Planted:

Date Watered	

Number of Seeds Planted:

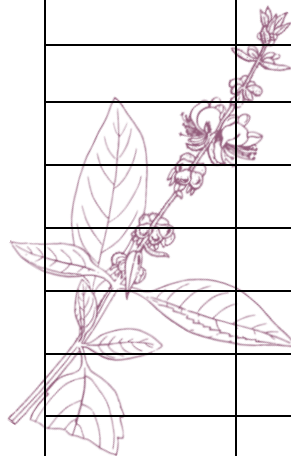
Germination Date:

Date of First Harvest:

Date of Last Harvest:

Pests/Problems:

Notes:



Thai Basil Tofu

Yield: 2 Prep time: 10 minutes Cook Time: 10 minutes

Ingredients

1 lb. firm tofu	2 tbsp. olive oil
½ onion diced	½ large red bell pepper sliced
8 oz. green beans cut to ½" pieces	1 c. Thai holy basil
Salt and pepper to taste	
Sauce Ingredients:	1 -2 bird's eye chilies sliced or 1/2 tsp. Thai chili flakes
3 tbsp. dark soy sauce	2.5 tbsp. brown sugar
4 garlic cloves minced	¼ tsp. ginger grated

1. Drain the tofu. Place tofu between paper towels on a plate, place another weighted plate on top to squeeze out excess water. Dice or crumble tofu. Set aside.
2. In a small bowl, add all of the sauce ingredients, whisk together, and set aside.
3. Heat a sauté pan to medium and add olive oil. Add the tofu and sauté until dried, about 5 minutes.
4. Add the sauce, onion, red bell pepper, green beans, and sauté everything together until vegetables are cooked but still crispy, about 5 minutes.
5. Turn off heat, stir in Thai holy basil until it wilts in the pan.

Season with salt and pepper to taste.

Serve over cooked rice.

