

SunKiSS Gardens

I N F O R M A T I O N

Specialty Basil Guide

Basil is a popular herb for good reason! It can be used fresh, dried (though it does lose some flavor), or frozen (in the form of pesto or as a puree in ice cube trays). Large-leaved types work well in pestos and whole in salads. Small-leaved types grow well in containers, providing an attractive potted plant that is also useful in the kitchen for entrees, appetizers, beverages, and desserts. Basil grows quickly once the hot weather sets in, and our plants should be ready for harvesting just in time for tomato season, though you can be trying a few tablespoons here and there in the meantime for lots of different uses!



Lettuce Leaf: This heirloom variety has been cultivated since the 1800s. It is named for its large, crumpled leaves, which are sweet with a slightly more subtle flavor than other varieties. Lettuce leaf basil can be used in place of lettuce in salads, burgers, BLTs, and lettuce wraps. These sturdy plants are slow to bolt and grow to 18-24".



Red Rubin: This purple-leaved variety is perfect for vinegars, oils, jellies, and sorbets. With its deep reddish-purple leaves and a stronger flavor than sweet basil, it adds both a hint of spice and a rich color. Red Rubin is best used fresh. Plants grow to about 12" tall, and the sunnier the location the better.

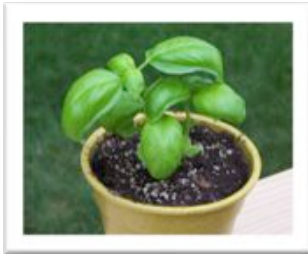


Summerlong: This is one of the most compact basil, growing to about 10" tall. It is slow to flower, which means it can be harvested and enjoyed for an extended period. Its dainty leaves make it good for drying, but it has good flavor for fresh use too (and those small leaves require less chopping).



Marseilles: This French variety grows large, aromatic leaves on a dwarf plant, providing intense fragrance and good yield in a small package. The large leaves liven up salads and sandwiches and also do well in pesto (or in 'pistou', the provençal version of pesto). It is vigorous and prolific, growing to about 12" tall.

Specialty Basil Guide



Bounty: This unique variety produces abundant leaves throughout the season, making it useful for your end-of-the-season tomato sauces. It is a hardy, medium-sized plant; at 10-12" tall, it does well either in the garden or in a container.



Cinnamon: These are stocky plants with dark, rose-colored blooms and a strong cinnamon scent. Use for chutney, sorbet, baked goods, tea, or other hot drinks. Cinnamon basil goes well with fruit flavors. Grows 12-24".



Lemon: Lemon basil is a versatile and handy replacement for any occasion where you want lemon flavor. Use it to garnish seafood or chicken, to lighten up summer potato salad, or to make refreshing cookies. It is also common as an ingredient or garnish in Asian dishes. This heirloom variety grows to about 10-16".



Lime: Lime basil adds a summery flavor to a wide range of foods: fish and chicken, pasta and vegetables, vinegar and oil dressings, and desserts. Good for Mexican and Thai cooking. This variety grows to about 14-18".



Licorice: This unusual basil flavor adds an interesting kick to a variety of foods. Try it wherever you'd use sweet basil; make vinegar, jam, jelly or tea; or blend it into honey or sorbet.

*Scented basil*s can be dried for use in potpourri and winter bouquets, but they add unique flavors to cooking and baking while still fresh!

For more recipes and other information, visit www.sunkissgardens.com

SunKiss Gardens
651-492-0414

9749 Queen Road
Bloomington, MN 55431