
Selection

When purchasing basil it is best whenever possible to purchase it fresh instead of dried.

The leaves of fresh basil should look vibrant and be a deep green in color. Avoid basil that has dark spots and any yellowing.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Do not wash beans before storing in refrigerator.
 - ◆ Fresh herbs should be stored in refrigerator wrapped in slightly damp paper towels.
 - ◆ Wash beans right before using under cool running water.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ Your money stays locally and is recirculated in your community.
 - ◆ When you spend money locally, it helps to keep small businesses open and build up your community.
 - ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles.
 - ◆ You are making a healthy choice for you and your family.
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FOR MORE INFORMATION...

Contact your local Extension office:

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Basil
Albahaca

Uses

Basil can be used in many ways, such as freshly chopped with garlic and olive oil to make a dairy-free variety of pesto. Use the pesto in many other dishes.

Layer fresh basil over tomato slices and mozzarella cheese for a delicious salad.



Vidalia Onion, Tomato and Basil Salad

Nutrition Facts

- ◆ Fat free
- ◆ Good source of Calcium
- ◆ Good source of Vitamin A
- ◆ Excellent source of Vitamin K
- ◆ Good source of Iron

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Primary Sources: WH foods; Photos found on Google images

Try It!

Vidalia Onion, Tomato & Basil Salad

INGREDIENTS

- | | |
|-----------|---|
| 1 | Vidalia onion |
| 2 | Large tomatoes |
| 1/2 pound | Mozzarella cheese, part skim milk, sliced |
| 6 Tbsp. | Olive oil |
| 2 Tbsp. | Wine vinegar |
| 1/4 cup | Fresh basil leaves, chopped |
| | Black pepper |
| 1/2 tsp. | Garlic, finely minced (optional) |

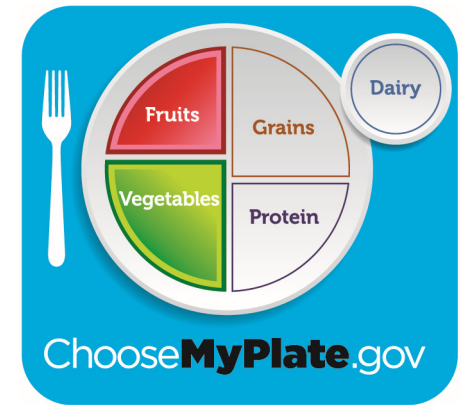
INSTRUCTIONS

1. Slice the tomatoes and cheese into thick slices.
2. Slice the Vidalia onion into thin slices; chill for best flavor. If Vidalia's are not available substitute Walla Walla, Maui Sweet or Texas 1015.
3. On salad plates, arrange tomatoes, onion and cheese in overlapping design.
4. In a large measuring cup, combine oil, vinegar, garlic and black pepper. Use a whisk to blend well.
5. While still stirring, pour over the vegetables.

6. Garnish with chopped basil. Serve immediately.

Yield: 4 servings

Source: <http://www.recipesource.com>



History & Fun Facts

The name “basil” is derived from the old Greek word *basilikohn*, which means “royal”, reflecting that ancient culture’s attitudes toward an herb that they held to be very noble and sacred.

In India, basil was cherished as an icon of hospitality, while in Italy, it was a symbol of love.

Basil now grows in many regions throughout the world, but it was first native to India, Asia and Africa.