



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

- [Creamy Tomato Basil Soup - The Lunch Box](#)
- [Blueberry Caprese Salad State – ICN](#)
- [Creamy Chicken Pasta with Roasted Squash and Broccoli State – ICN](#)
- [Squish Squash Lasagna USDA Recipe for Schools – ICN](#)
- [Spring Rolls – ICN](#)
- [Tuscan Grilled Cheese Sandwich USDA Recipe for Schools – ICN](#)
- [Orzo Pasta With Green Peas USDA Recipe for Schools – ICN](#)



Educational Resources

- [Grades 3-5: Tasty Testing Lesson Plan - National Agriculture in the Classroom](#)
- [Grades 6-8: Water Ops for Growing - National Agriculture in the Classroom](#)
- [Grades 9-12: Herbs and Spices of the World - National Agriculture in the Classroom](#)
- 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 \(Spanish\)](#)
- [Growing a Knowing Nose – A Scent Lesson - KidsGardening](#)
- [Sensory Herb Garden Lesson – Massachusetts Farm to School](#)
- Herbs [Word Search](#) and [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](#).