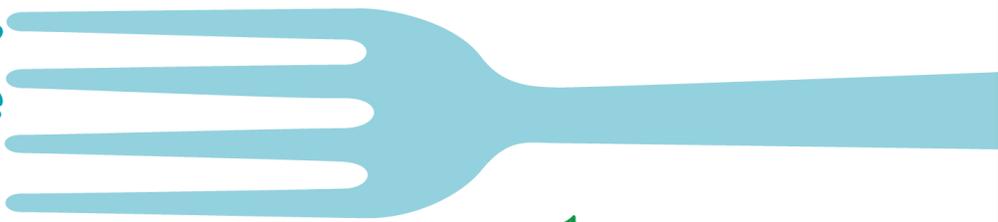


# Harvest of the Month



January



Basil



### Pick:

- Choose a bundle of basil that is evenly colored, free from wilted leaves, and with no brown spots.

### Store:

- Basil hates the cold! Store basil in a glass jar with about an inch of water covering the stems, on a countertop. Cover the jar with a plastic bag (this creates a little greenhouse) for up to a week.

### Prepare:

- When preparing the basil tear the leaves into desired pieces. Using a knife can bruise the pieces and leave them black.

### Nutrition Info

Basil is an herb that can be used fresh or dried. Basil contains a host of antioxidants, vitamins, and minerals including; vitamin K, A, and magnesium.

### Fun Facts

Basil is a part of the mint family. Different varieties of basil will have different flavors; try growing lemon basil or cinnamon basil in your garden this spring!

Basil is native to areas of tropical Asia, but is now grown throughout the world.

### Uses

Basil is used in many dishes, since it has such a pleasant taste and aroma. Many Italian dishes utilize basil including spaghetti and pizza sauces. Leaves can be added to Caprese or a green salad for a flavorful kick.

Pesto is another tasty use for fresh basil. Try making your own pesto at home and add it to noodles or a sandwich.

### Family Friendly Activities

Try growing your own herb garden at home! Any container at least 6 inches wide and deep enough for the root system, along with drainage holes will work. Fill with quality potting soil. Place your pots in a windowsill that gets at least 6 hours of sunlight per day or under a grow light. Soon you will be able to use your fresh herbs in your homemade recipes.

### Farm2School Updates

Basil in January!? Yes! Fresh basil will appear in schools this month because it can be grown hydroponically. A hydroponic system uses a nutrient rich water system instead of soil, and can be grown entirely indoors. Hydroponic systems can also be found at several area schools.

