

# Living Herbs

## Description

**Basil Mrs. Burns Lemon**  
**Ocimum Basilicum Citriodora**  
**Family: Lamiacea**

This culinary cultivar from New Mexico is a small plant with bright green soft, elliptic, veined leaves about 3-5cm long and 2-3cm wide, arranged in a decussate way along a watery stem. Small white flowers are produced in summer. The whole plant grows up to 65cm tall and takes up a diameter of around 25-30cm. The leaves exude a strong lemon scent.

## Growing Tips

Basil Mrs. Burns Lemon is an annual plant best grown in rich, well drained soil in a sunny spot and sheltered from wind between September and April. It makes an ideal windowsill plant, but must be well watered. Nip flower heads off before they bloom to promote continual leaf growth.

## Parts Used

Leaves

## Uses

Because of their strong lemon scent the leaves are a favourite in salads, with fish, in desserts like ice creams, fruit salad, and in cool summer drinks.

Tea made from the herb stimulates digestion, though other medicinal benefits are more attributed to the Sweet Basil.

## Origin & History

Mrs. Burns Lemon Basil is native to North-east India and Thailand and first appeared in New Mexico after being introduced by the U.S. Agricultural Dept. Supposedly, in the 1940's, Mrs Janet Burns was given seeds by a remarkable gardener, Mrs Clifton from Carlsbad in New Mexico in 1951, who claimed to have cultivated it since the 1920's.

For mysterious reasons this Lemon Basil, is quite different in appearance and taste from the Lemon Basil found in Thailand or India.



**Basil, Mrs Burns Lemon**