

Living Herbs

Description

Basil Lettuce Leaf
Ocimum Basilicum
Family: Lamiaceae

Basil Lettuce Leaf is of the same variety as Sweet Basil but produces leaves that are bigger and more crunched in appearance with a slightly less potent flavour.

Growing Tips

It is an annual plant best grown in rich, well drained soil in a sunny spot, sheltered from wind, between October and March. It grows up to 60cm high and 15-30cm in diameter and the leaves grow up to 15cm long and 10cm wide.

Parts Used

Leaves

Uses

The fresh leaves are used in salads and sandwiches in place of lettuce and can also be used for wrapping chicken, fish and creating great little appetizers.

Origin & History

Basil is considered a sacred herb in India and was brought to Europe through the Middle East. A Belgian tale told if you ground it between two rocks, a scorpion would grow from its remains.

The Lettuce Leaf variety is predominantly cultivated in Italy.



Basil, Lettuce Leaf