



SHOP OUR STORE



## Basil

**Botanical Name:** Ocimum basilicum

### History

The name basil was derived from the Greek word for King. Basil was considered a special herb in Roman times and was burned as incense. It was placed in the tombs of kings. Basil is also associated with love and marriage.

### Basil in the Garden:

Basil is an annual herb so it must be re-planted each summer. Annual herbs seek to complete their growing season with the production of flowers. Flower production uses the energy and resources of the basil plants. Prevention of flowers is preferred over "pinching" the flowers off. Essential oils are concentrated in the growing tips of the basil. The flavor of basil is concentrated in the tips. The flavor is better on tender top leaves than lower leaves. Basil should be prevented from flowering. So trim your basil tips often. A flower will form on the sweet basil after the sixth leaf axis. Prevent flowering of basil by harvesting all growing tips just before the sixth leaf axis forms. Keep the basil pinched and flowerless for the best basil you have ever tasted.

Please pick up your copy of basil growing tips at the Herb Shop the next time you visit. Basil plants need a soil temperature of 70 degrees to flourish. The soil temperature will be warm enough when the night time temperature is over 50 degrees for one week. This usually happens after Memorial Day on Cleveland's north coast. If the soil temperature is too cold, basil is subject to stem rot and will mysteriously wilt and die.

Basil grows easily from seed. At the Village Herb Shop we carry many seed varieties from Renee's Garden Seeds. I recommend starting basil seeds inside in a soil less potting mix in mid-April. Take them outside every day after 4 leaves have formed if the daytime temperature is above sixty. Bring them indoors on nights below 50 degrees. Plant in ground or containers when night temperatures are 50 or higher for one week. Grow six basil plants for enough basil for a family of four.

Basil is a heavy ground feeder and prefers a basic soil. When preparing your soil for basil plants mix one cup of lime and one cup of bone meal into the soil in the area you will plant the basil. Continue to add one tablespoon of lime per basil plant each month throughout the growing season especially when grown in containers. Basil responds well to extra toning of the soil. We

### Meaning in the Language of Flowers:

Good wishes, best wishes; love or serious intentions

[More about the meaning of flowers](#)

### Characteristics:

There are dozens of varieties of basil. They range from lemon to cinnamon to spicy to purple. Traditional basil is termed "sweet basil." and remains the true flavor favorite. This variety is easy to grow and produces a large bush with its familiar basil leaves and taste.

Basil is a member of the labiatae or mint family. It has a square stem and large crinkled bright green leaves. The flowers of sweet basil are small, white and grow above the sixth leaf axis on each stem.

## Recipes

### Basil Vinegar

The flavor of basil can also be preserved by making herbal vinegar. The flavors of the basil are transferred to the liquid to be added to salads and marinades.

1 quart red wine vinegar  
1-2 cups basil leaves  
Steep in a glass jar without a metal lid for two to four weeks. Strain out basil leaves and bottle in sterilized glass bottles. Fresh basil leaves can be added for the rebottling. Use bottles without lead content and with plastic cap or cork lids. (the acid of the vinegar will disintegrate the metal after time)  
Optional: add a tablespoon of fresh raspberries or blueberries per cup to make a delicious fruit flavored basil vinegar



[MORE RECIPES ONLINE](#)

### Basil Pink Lemonade

#### Ingredients:

5 cups water  
1 1/2 cups sugar  
2 teaspoons dried basil or 2  
tablespoons fresh basil, chopped  
2 teaspoons dried hibiscus flowers  
1 1/2 cups fresh lemon juice

#### Directions:

Mix two cups water and sugar in a saucepan. Heat until sugar is dissolved and water has heated to just boiling. Turn off heat. Put basil and hibiscus in a muslin bag or tea ball. Steep tea ball in water/sugar mix in covered sauce pan for 20 minutes. Remove herbs and allow liquid to cool. Add remaining water and lemon juice. Chill. Serve with lemonade ice ring and lemon slices with fresh lavender sprigs in a punch bowl or just in a glass with ice. Garnish with fresh basil sprigs.

recommend Plantone for augmenting the soil for basil. Every two weeks add one tablespoon of Plantone Organic fertilizer and mix in around each plant. Stand back and watch your basil grow! Most herbs do not require fertilizer and will actually have less flavor with too much fertilization. Basil is the exception.

*Herb Lady Hint:* Plant your basil close at hand and you will use it more and keep the flowers pinched.

Slugs love the tender leaves of basil. Did you ever plant your basil one day only to go to the garden the next day and find all of your basil gone? Usually this is due to slugs. Some remedies to try include: surround your basil plants with copper flashing or pennies, or use copper markers in the garden. Copper causes a slight electrical shock when combined with the slime of the slugs so they stay away. Another suggestion is to plant your basil in a soil less potting mix in containers. Keep it on your deck away from the slugs.

### Basil in the Kitchen:

Fresh basil leaves can be used like lettuce in salads and sandwiches. Basil flavor is always best when fresh. The delicious and unique flavor of basil comes from the essential oils contained in the plant cells. Basil leaves are fragile and oxidize quickly when cut or dried, turning the leaves black. During this oxidation or drying process many of the components of the essential oil of the basil plant evaporate into the air. Dried basil is left with a taste of oregano. Many people suggest to freeze basil leaves on a cookie sheet and use them frozen. I prefer preserving basil in a basil paste. Warning: Never immerse fresh basil leaves in oil to make a basil oil for cooking. This immersion could produce the spores of botulism in this anaerobic environment. Leave the herb oils to professional bottlers.

Professional chefs prepare basil leaves by chiffonade slicing. Stack about three or four basil leaves on top of each other and roll them into a long tube. Using a sharp knife slice the tube into basil strips. Add to salads, potatoes, pasta. Basil taste is always best fresh, not cooked.

Basil is also delicious in lemonade and iced water.

If you harvest basil stems to use on another day, simply put them in a vase of water on the table. If you put the leaves in the refrigerator they will turn black. Basil leaves oxidize in temperatures below about 42 to 45 degrees.

### Aromatherapy Uses:

Basil essential oil decreases mental fatigue and clears the mind. One of Basil's essential oil components is camphor which makes an effective insect repellent.

### Medicinal Uses:

Basil makes a good treatment for insect bites. Just rub a fresh leaf on the bite and this will decrease inflammation and itching. Basil in tea relieves congestion. Using basil in a muscle rub or bath salt relieves muscular aches and joint pains. Basil acts to boost the immune system. Basil relieves anxiety, depression, fatigue and

nervous tension. It encourages concentration. Its antibacterial action reduces acne and inflammation from skin ailments.

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Products Featuring Herb of the Month Basil:



[Caldrea Basil Blue Sage Window Spray](#)

\$8.95

[MORE INFO](#) 



[Caldrea Basil Blue Sage Dishwashing Powder](#)


\$13.95

[MORE INFO](#) 



[Aromatherapy Scent Inhaler with Pure Essential Oils](#)


\$5.95

[MORE INFO](#) 



[Essential Oil - Balsam](#)

\$6.95

[MORE INFO](#) 

## *Recipes for Your Senses*

### Summer Cooler Mist

#### Summer Cooler Aromatherapy Mist

3 ounces filtered water  
1 ounces unscented alcohol  
6 drops basil essential oil  
4 drops juniper berry essential oil  
4 drops peppermint essential oil  
Mix all ingredients together in a small spray bottle. Shake well before each use. Use as cologne or body spray. Uplifts and refreshes. Very effective as an insect spray, to relieve a headache or just to cool your skin on a hot summer day.

### Mind Alert Aromatherapy Mist

**An all-natural burst of essential oils. Uplifts, heals, hydrates and refreshes.** Use as a cologne or room spray. This special blend of essential oils will act as an aromatherapy agent to energize your mind, awaken your senses and refresh your spirit. Shake well before each use.

8 ounces spring water  
2 T. unscented alcohol (vodka)



10 drops Rosemary essential oil  
10 drops spearmint essential oil  
10 drops basil essential oil  
Works as a body cooler and has a stimulating aromatherapy effect.  
Great in the car or for late night studying. Note: Menthol oil, an essential oil contained in spearmint triggers the cold receptors in the skin causing the skin to feel cool.

## Our Upcoming Classes and Events

[VIEW ALL](#) ▶

### • **Month of April: Second Annual Silent Auction**

Silent Auction Sampling:

A Year of Free Herb Classes ~ Free Perfume every month ~ Tour of Kathleen's Gardens ~ Free Tea for a Year ~ Garden Fairy Statue ~ Free Potpourri for a Year ~ Free Soap Every Month ~ Greenleaf Diffuser ~ and More Herbal Treasures

### • **Apr 15: [Herb Gardening Club](#)**

**New Join our Green Team of herb garden enthusiasts.** Our club will meet the second Wednesday of every month. We will work two hours to maintain the herb garden in the front of our shop. Learn to manage your herb garden by working in ours. Learn how to plant and maintain an herb garden by practicing hands-on gardening techniques. Every month club members will learn the best techniques to plant, fertilize, cultivate, grow and harvest herbs with organic gardening practices. We will discuss uses of herbs and share the harvest. Come dressed for gardening and **prepared to work in the garden** from 10 am to 12 noon. Bring tools, scissors and gloves. After gardening, bring a sandwich and join Kathleen for lunch with edible flower salad and herbal bread. We will enjoy new friendships and have an informal question and answer session. Unable to work in the garden? Bring your own lawn chair and learn while you watch us work. Membership is **FREE**. Join anytime. **Reservations Please.**  
**Herb Gardening Club Benefits:** Herb Garden Knowledge, Free fresh cut herbs from the garden, Plant exchange among members, Herb Gardening Calendar Herbal Tips and Recipes Every Month.

Work in Gardens: 10 - 12 pm

Mini Herb Class and Lunch: 12 - 1 pm

**Herb Garden Focus:**

**Date Change: Wednesday, May 20** - Plant edible flower seeds, organic soil toning, lime application, planting of annual herbs

Wednesday, June 17: Herb harvesting and drying techniques, organic rose cultivation, drying roses, harvesting lavender, composting techniques

### • **Apr 16:** Herb Plants Arrive (depending on the weather) Call for special herb plant requests and availability.

### • **NEW! April 18, Saturday 10 am to 5 pm: [Earth Day Celebration](#)** - Go Greener with the Village Herb Shop. Reduce - Reuse - Recycle.

**Grow Herbs:** Plant your own herb seed pot to take home. **FREE** (one per customer). Free refills on Village Herb Shop Seasonings: bring in your empty Herb Shop seasoning jars.

**Reuse:** Bring in your own reusable bag to shop with and enter our raffle for a container herb garden.

**Buy organic:** Buy one Vermont Country organic herbal soap and get one free.



## Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for April's Craft:

### Lavender Dryer Sachets

Join us for May's Craft:

### Scented Reed Sticks Room Fragrance Kit

Join us for June's Craft:

### Summertime Body Oil

Join us for July's Craft:

### Layered Herb Salt in Glass Jar

Follow our simple step-by-step do-it-yourself directions to make your own craft any day of the week.

All supplies are included for this one low price. **Fee: \$5.00 each.**

[LEARN MORE](#) ▶

Buy organic: Buy one Vermont Country organic herbal soap and get one free.

Buy organic: Buy a Village Herb Shop organic lotion, bath gel or body oil and get a travel size free.

Spend \$50 and get a free colorful reusable tote. Support Your Local Merchants!

- **Apr 20: [Susan Wittig Albert: An Evening with the Author of the China Bayles Mysteries](#)** - Mystery Author returns for a special herb program and book signing. She will be introducing her newest book: Wormwood. Ticket price will include Susan's Program, Book Signing and Sale, and a Rosemary Tea Party.  
AT THE SHOP - Open 5:00 pm to 9:00 pm Special sales of Rosemary Plants, Susan's Books  
AT THE SHOP - 5:30 pm to 7 pm Meet the Author; book signing: bring in books you have purchased that you would like autographed.  
AT THE TOWN HALL - 7:00 pm Rosemary Dessert Tea; book sales and signing  
AT THE TOWN HALL - 7:30 pm Program: "The Shakers and Their Herbs" by Ms. Albert.  
**Tickets are now available for purchase. Your ticket purchase is your reservation. Tickets must be purchased at time of reservation.** Ticket for Rosemary Tea Party. Ticket Price: \$10 each. Pick up your tickets at the shop or purchase by mail or phone. Tickets available at the door.  
Please visit our website for [more details!](#)
- **Apr 25: [Village Herb Shop Tea Tasting Club, Featuring The Teas of China with guest speaker, Judy Peacock](#)** - Learn about tea. Demonstrations of proper brewing techniques and tips on serving tea. Taste a variety of teas: red, green, black, herbal. Enjoy tea time desserts with friends. Two tea tasting seatings: AM: 10:30 am to 12 noon & PM: 2:00 pm to 3:30 pm. Reservations Required. Seating is limited. Fee: \$5 at the door for each seat. **Free admission if you bring tea time sandwiches, bread or dessert to share!** Join us to sip and savor! Next Quarterly tea tasting will be held on July 25, 2009 and will feature Children's Teas. **Would you like to have a Tea Tasting Party for your group? Ask us!**
- **Apr 29, 10:30 am - 3:30 pm: [ESCAPE to INSPIRING Painting workshop with Lisa Hannaford \(lisahannaford.com\) at the Village Herb shop!](#)** -Acrylic or Watercolor, Beginner or experienced welcome. Come for a day of demonstrations, tips, fundamentals and leave with a small painting. \$50 – (\$45.00 if paid by March 30). Contact Lisa to reserve your place & receive a list of supplies you will need to bring. 440 247-3536 or [lisahannaford@ymail.com](mailto:lisahannaford@ymail.com)
- **May 2, Sat. 10:30 am – 12:00 pm: [Adventures in Tea A Loose Leaf Experience](#)** - Hosted by: Paula Hershman, Storehouse Tea Company. Flowering Teas. Cost \$5.00 Includes two teas and delicious scones. Space is limited so please RSVP [paula@storehouseteacompany.com](mailto:paula@storehouseteacompany.com) or call Paula Hershman 216-406-9139.
- **May 10, Sunday Noon to 4 pm: [Happy Mother's Day Tea](#)** - Bring your Mom to the Herb Shop for a cup of tea and a tea time dessert on Mother's Day. Enjoy our free customer and community event. No reservations required. All Mothers will receive a FREE herb plant with any purchase.

- **NEW! May 15 - 16 16th Annual HerbFest - Herb Basket Raffle! Herbal Box Lunch! Herb Plants Available!**

### **Herb Program, 10:30 am to 11:00**

Bay—2009 Herb of the Year. Learn about the history, cultivation, and varieties of Bay, *Laurus Nobilis*. We will discuss the culinary, cosmetic, medicinal and aromatherapy uses of Bay. Learn how to grow this historic plant and how to use it in your kitchen. Taste Bread Pudding with Bay, sip Bay Laurel Tea, used to aid digestion, and try Bouquet Garni Salad Dressing. Learn how to use bay plant as a natural home cleaner. Learn how to make Bay Rum cologne, a facial steam with healing bay and Laurel Bay Mint bath. Receive a handout with our recipes and growing guide. Samples, door prizes. Lecture is FREE. Reservations please.

### **Bay Workshop, 11:00 am to 12:00 pm**

Take home three Bay products. Follow our simple instructions and make: Bouquet Garni vinegar, Bay Kitchen Salt in glass jar, Bay closet Sachet. This workshop will begin following the bay program. All materials and recipes included. Recession Busting Fee: \$10 (normally \$20). Reservations please.



### **Herbal Box Lunch, 12:00 noon**

Our herbal box lunch is made by Trifles catering. Every year our customers look forward to this special herbal box lunch created just for the Herb Shop by Trifles. It will be served with iced herb tea. Enjoy your lunch in our upstairs classroom, in our garden, or on tables on our back terrace. Reserve in advance at least one day before your attendance. Cost is \$13.00.

*Menu: Cream of fresh tomato sour with basil, Blueberry lemon Chicken Salad with lemon balm, Grilled pineapple sick, tea bread, finger dessert, herbal tea*

### **Chagrin Falls Shop Hours**

Monday through Saturday: 10 am - 5 pm

Sundays:

**Easter Sunday: CLOSED**

**Memorial Day**

**Sunday & Monday: CLOSED**

January through March: Closed on Sundays

April through August: 12 noon - 4 pm

September: Closed on Sundays

October through December: 12 noon - 4 pm

### **Contact Village Herb Shop**

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Chagrin Falls, OH 44022

Phone: 440-247-5029  
Toll Free: 800-836-9120

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