

# Harvest of the Month

Basil



## FUN FACTS:

Basil, the King of Herbs, is a tropical plant.

Egypt is the main source, followed by the U.S.

Basil is a leading spice in many Italian and Thai dishes.

Ever since pesto became popular, basil has become one of the most recognizable herbs.

The natural "oils" found in basil help the body fight infection.

This institution is an equal opportunity provider.

