



Herb, Basil Varieties

Purchasing Specifications

Receiving Information:

- Good quality herbs should exhibit color consistent with variety, hearty aroma, high leaf-to-stem ratio, and leaves that are firmly attached to stems.
- Avoid herbs with brown, black, or bruised leaves. Avoid herbs with limp leaves or that are flowering. Note: some types of basil have shades of, or may be entirely, purple leaves or stems.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- Fresh herbs are sensitive to ethylene; exposure to the gas may accelerate loss of green color, especially if herbs are also stored in a warm area.
- For best quality, keep herbs away from ethylene-producing and ripening rooms.

- There are many varieties of basil. Some of the more common specialty varieties are Opal and Thai, but there are many others, like Cinnamon, or Lemon.
- Coloring: Coloring can range from green to dark purple crinkly leaves depending on variety—and some varieties have dark or purple stems with green leaves. In addition, some varieties are variegated, and some have ruffled edges. Note: Some varieties of basil listed require special ordering.
- Usage: Herbal seasoning.
- Genus: Ocimum Spp.

Nutrition Facts

Serving Size: 1 tablespoon, chopped

Amount Per Serving

Calories 1	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	2%
Sugars 0g	
Protein 0g	0%
Potassium 8mg	2%
Vitamin A 1%	Vitamin C 1%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000-calorie diet.