NATIVE AUSTRALIAN FOOD FACTS:

Wild Basil

Ocimum tenuiflorum

Grows widespread across the northern tropics of Australia, a small perennial, woody herb, it has many branches of soft furry fragrant and aromatic leaves, and purple flowers.

DID YOU | This basil is also known as Holy Basil and is also endemic **KNOW?** to India and South East Asia, and is sacred to Hindu's.

FLAVOUR PROFILE:

The leaves have a pungent floral basil flavour with hints of spice and clove, and when dried, exude a sweet, almost "bubble gum" basil aroma.



SEASONALITY:

Wild Basil leaves (dried)

Leaf is harvested year-round as it can be grown in Greenhouse conditions.

Hot Roast Wild Basil Tomatoes on Chilled Yoghur



Wild Basil can be used in many dishes where sweet basil would be used, especially Mediterranean and Asian style dishes. Early recordings by pioneers noted Indigenous use as a herbal tea for ailments.

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Creative Native Foods acknowledges the traditional owners, past, present and future of the land on which we live and work, as the First People and Custodians of this country. It's our policy to engage with and support Indigenous enterprises in the commercial native food industry wherever possible.

For more information, please email us at <u>sales@creativenativefoods.com.au</u> or order online.



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