Fresh Vegetable

FRESH BASIL



Ref: BAS-01

Italian name: Basilico fresco

Weight order: 100 g each bundle

Description: Basil contains essential oils which, the traditional herbal medicine, attributes analgesic, anti-inflammatory and antiseptic effects. In the kitchen has become the symbol of the Ligurian cuisine as the main ingredient of pesto.

Season: all year round

Serving suggestion: Basil is commonly used fresh in cooked recipes. In general, it is added at the last moment, as cooking quickly destroys the flavor, perfect in combination with spaghetti with tomato.

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