

# Basil



## SEASONALITY



## NUTRITIONAL PROPERTIES

Basil is a good source of calcium, vitamin C, and antioxidants.

## STORAGE

Keep basil in the refrigerator in a loose plastic bag. It can last 1-2 weeks.

## PRESERVATION

Blanch basil and lay on a paper towel. Roll the basil and paper towel, store in a plastic bag within the freezer. Basil can also be de-stemmed and chopped, placed in an ice cube tray, and filled with oil to make basil cubes for later use. Once frozen, remove the ice cubes from the tray and store in a plastic bag within the freezer.

## HOW TO PREPARE BASIL PESTO

1. De-stem the basil.
2. Add 1-3 cups of basil to a blender along with 1/2 cup nuts, 1/2 cup Parmesan cheese, 1 TBS lemon juice.
3. Blend mixture until consistent.
4. Add 1/2 cup of olive oil and pulse.
5. Use on pasta, pizza, toast, or anything else you may put pesto on. Store in the refrigerator for up to 2 weeks.

Basil can be added to stir fries, casseroles, or pasta. Garlic scapes can also be used in sauces, soups, dressings, and more.

## RECIPES FROM HDFFA

*with basil*

---

- Summer Spaghetti and Crispy Broccoli
- Spring Citrus Salad

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)  
OR SCAN CODE TO FIND OUR RECIPES

