



Basil - Ocimum basilicum (Natural Herbal Living Magazine) (Volume 12)

Amanda Klenner



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Basil! We hear the word and inhale deeply, conjuring up the smells and flavors of a hundred pesto sauces. Lungs open and eyes anticipate luscious green. Laid lovingly, leaf by leaf, on slices of fresh tomatoes, or pounded into pesto and drizzled onto your favorite pesto vehicle, basil practically symbolizes summer. In this issue we learn all about the medicinal and culinary uses of basil - Ocimum basilicum. Included is a detailed herbal material medica, aromatherapy, flower essence, basil bath and body recipes and so very many delicious treats to incorporate this beautiful herbal ally into daily use.



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