

EDIBLE GARDEN



THAI BASIL

Thai basil (*Ocimum basilicum thyrsifolium*), is a herbaceous plant native to Southeast Asia cultivated for its taste that is distinctive from its other basil variants. It has a spicier flavour reminiscent of anise and can withstand higher cooking temperatures as compared to sweet basil.

Thai basil is most frequently used in Thai, Vietnamese, Laotian and Cambodian cuisines. They are popularly added to stir-fries, Thai curries, Vietnamese pho and is an important ingredient in the popular Taiwanese dish, *sanbeiji* (three-cup chicken).