

## Beneficial Bites




Basil



### Health Benefits:

- Anti-inflammatory properties
- Contains nutrients essential for cardiovascular health
- Basil's volatile oils provide protection from unwanted bacterial growth
- Contains flavonoids that provide DNA protection

### Interesting Facts:

- Over 60 different varieties of basil
- In India, basil was cherished as an icon of hospitality, while in Italy it was a symbol of love.
- In Rome, basil was seen as immunity to a fire breathing dragon. 
- Once believed that scorpions would grow under pots of basil & smelling basil would cause scorpions to grow in the brain.
- Is also used in perfumes, soaps, shampoos and dental preparations

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Check out the September menu  
for these “Basil” foods



Featured Recipes:

- Roasted Vegetables in Basil Butter Sauce
- Basil Butter Fingerling Potatoes
- Tomato-Basil Risotto
- Italian Sausage in Marinara
- Roasted Garlic & Basil Mashed Potatoes
- Minestrone Soup
- Baked Basil Chicken



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