



# Herb, Basil, Thai

## Purchasing Specifications

### Receiving Information:

- Good quality herbs should exhibit color consistent with variety, hearty aroma, high leaf-to-stem ratio, and leaves that are firmly attached to stems.
- Avoid herbs with brown, black, or bruised leaves. Avoid herbs with limp leaves or that are flowering. Note: Thai basil stems are dark or purple-colored.

### Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No

- Fresh herbs are sensitive to ethylene; exposure to the gas may accelerate loss of green color, especially if herbs are also stored in a warm area.
- For best quality, keep herbs away from ethylene-producing and ripening rooms.
- Store basil in the warmer part of your cooler as it is cold-sensitive. It will turn dark or even black with chill damage.

- Appearance: Leaves are green with dark or purple-colored stems. Leaves are more pointed and less crinkled than Globe basil.
- Taste is more piquant than Globe basil
- Usage: Herbal seasoning.
- Genus: Ocimum Spp.

## Nutrition Facts

**Serving Size: 1 tablespoon, chopped basil**

Amount Per Serving

Calories 1	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	2%
Sugars 0g	
Protein 0g	0%
Potassium 8mg	2%
Vitamin A 1%	Vitamin C 1%
Calcium 0%	Iron 0%