



GROW YOUR OWN

BASIL



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Words in **BOLD** are in the glossary.

GROWING BASIL

Basil is an **herb**. It can add flavor to your meals. You can grow your own fresh basil!

It is easy to grow basil indoors. Just follow these six steps!



WHAT YOU NEED

- 6-inch (15-centimeter) plant pot
- potting soil
- **trowel**
- 6 to 10 basil seeds
- spray bottle
- water
- a sunny spot for your plant to grow





WHAT YOU DO

STEP 1

Ready to plant? Start with a clean, dry pot. Scoop up soil with the trowel. Put it into the pot. Leave an inch of space at the top.



TAKE IT FURTHER

Now it is time to eat your basil! You can add it to soups or sauces. Put chopped leaves on pizza. Or try making this easy salad:

- 2 to 3 small tomatoes, sliced
- handful of fresh basil leaves
- a few small slices of mozzarella
- drizzle of Italian dressing
- salt and pepper to taste

Mix well and enjoy!



BEHIND THE SCIENCE

Green plants don't need to eat. They make their own food! They need light, water, and air. They need **nutrients** from soil too.

Plants get energy from the sun. They use it to break down water and a gas in the air. This makes a kind of sugar. Plants use this sugar to grow.