

How to Grow Thai Basil

Thai basil is bright, beautiful, and has a lovely purple stem. While you can buy it at a supermarket, it might be tough to find depending on where you shop. Here is a guide to how to grow your own basil!

You will need:

- Basil start
- Pot or garden bed
- Potting soil

Instructions:

1. Purchase a Thai basil starter plant at a farmers market or garden store.
2. Plant the basil in full sun in a pot or soil. Use potting soil or a garden mix to plant the basil in a pot. Make sure the pot has holes in the bottom for drainage. Place the plant in a place that gets 6 to 8 hours of full sun per day.
3. Prune the plant regularly. Removing basil leaves helps to encourage the plant to start branching, which makes it into a large bushy plant. Every time a branch has six to eight leaves, pinch off the stem and leaves back to the first set of leaves. Make sure to pick and use the leaves regularly: it helps the plant to grow! Remove any flowers immediately.
4. Water the basil regularly. Keep the soil around the basil moist, watering every few days.

Thai basil is best used fresh. If you have more than you can use, you can store the cut stems in a glass jar with some water in the refrigerator. They can be stored in the fridge like this for 3-5 days.

心理健康神话与事实

泰国罗勒明亮，美丽，还有一个可爱的紫色茎。它只能在某些超市里可以找到。以下是自己在家种植的罗勒的指南！

你需要：

- 罗勒苗
- 花盆或花园床
- 盆栽土壤

指示：

1. 在农贸市场或花园商店购买泰国罗勒苗。
2. 将罗勒在充足的阳光下种植在盆种。在一个阳光充足的地方（每天6-8小时），用盆栽土壤或花园混合物将罗勒种植在花盆中。花盆底部一定要有排水孔。
3. 定期修剪植物。去除罗勒叶有助于鼓励植物开始分枝，让它成为一棵大而浓密的植物。每当一个树枝长到六到八片叶子时，把茎和叶子剪回只有第一组叶子。定期采摘叶子能助于植物生长！如果开花的话，请立即移除。
4. 每隔几天给罗勒浇一次水。这可以保持罗勒周围的土壤湿润。

泰国罗勒最好新鲜使用。如果你有多余的东西，你可以把切好的茎和水放在一个玻璃杯里。这样在冰箱里可以存放 3-5 天。



吃得好，保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯： 泰国九层塔

Vegetable Spotlight: Thai Basil



This resource is supported by the National Institutes of Health, National Institute of Minority Health and Health Disparities grant 2U54MD000538-15 and by funding from the BMS Foundation.

泰国花生面 (4人份)

Thai Peanut Noodles (serves 4)

食材

- 4捆米粉，煮熟
- 1根黄瓜，切丝
- 1根胡萝卜，切丝
- ½束泰国罗勒
- 2汤匙花生酱
- 1汤匙海鲜酱
- 2汤匙水
- 1茶匙米醋

INGREDIENTS

- 4 bundles rice noodles, cooked
- 1 cucumber, julienned
- 1 carrot, julienned
- ½ bunch Thai basil
- 2 tbsp peanut butter
- 1 tbsp hoisin sauce
- 2 tbsp water
- 1 tsp rice vinegar

做法步骤

1. 将花生酱、海鲜酱、水和米醋搅拌均匀。
2. 把胡萝卜、黄瓜、米粉和泰国罗勒搅拌在一起。倒入花生酱，搅拌均匀。

INSTRUCTIONS

1. Stir together the peanut butter, hoisin sauce, water, and rice vinegar until smooth.
2. Mix together the carrots, cucumbers, rice noodles, and Thai basil. Pour in the peanut sauce and mix well.

这是一份快速、健康且令人满意的晚餐食谱，只需15分钟即可完成！通过添加你手头的任何蔬菜来定制这个食谱。



This is a quick, healthy and satisfying dinner recipe that takes 15 minutes to make! Customize this recipe by adding whatever vegetables you have on hand.



你知道吗？



泰国九层塔是亚洲的甜罗勒品种。它们味道更辛辣，并且更能承受高温烹饪。

DID YOU KNOW?

Thai basil plants are Asian varieties of sweet basil. They have a spicier flavor and are able to withstand high cooking temperatures.