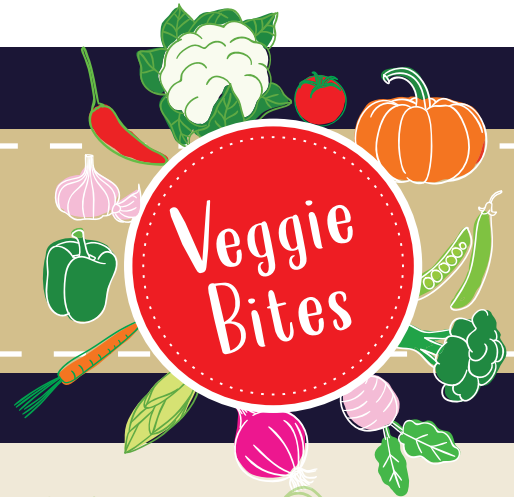


# Basil Albahaca



## Selection

When purchasing basil it is best whenever possible to purchase it fresh instead of dried. The leaves of fresh basil should look vibrant and be a deep green in color and free from dark spots and yellowing.

Fresh basil should be stored in the refrigerator wrapped in a slightly damp paper towel. It may also be frozen whole or chopped in airtight containers. Dried basil should be kept in a tightly sealed glass container, in a cool, dark, dry place.

## Uses

Basil can be used in many ways, such as freshly chopped with garlic and olive oil to make a dairy-free variety of pesto that can top many items. Layer fresh basil over tomato slices and mozzarella cheese for a delicious salad.

Try It!



### TOMATO BASIL BRUSCHETTA



#### Ingredients

- 8 tomatoes (ripe, Roma plum, chopped)
- 2 garlic clove (minced)
- 1/2 red onion (chopped)
- 6 basil leaves (fresh)
- 2 tablespoons olive oil (extra-virgin)
- salt (optional, to taste)
- pepper (optional, to taste)
- 2 mini French bread (or Italian, cut )

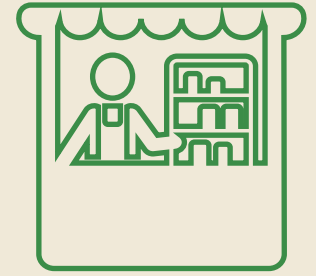
#### Instructions

1. Preheat oven to 400 degrees F.
2. Combine tomatoes, garlic, onion, basil and olive oil in a bowl. Season with salt and freshly ground black pepper, to taste (optional). Set aside.
3. Arrange bread on a baking sheet in a single layer. Bake about 5 to 7 minutes until it begins to brown slightly.
4. Remove bread from oven and transfer to a serving platter.
5. Serve the tomato mixture in a bowl with a serving spoon and let everyone help themselves. Or place some on each slice of bread before serving.
6. Add the dressing, tossing gently to coat. Lightly sprinkle with poppy seeds.

# History & Fun Facts

The name “basil” is derived from the old Greek word basilikohn, which means “royal”, reflecting that ancient culture’s attitudes toward an herb that they held to be very noble and sacred. In India, basil was cherished as an icon of hospitality, while in Italy, it was a symbol of love.

Basil now grows in many regions throughout the world, but it was first native to India, Asia and Africa.



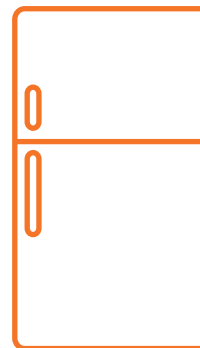
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Fresh herbs should be stored in refrigerator wrapped in slightly damp paper towels.
- Fruits should be stored separately from vegetables.
- Only wash produce right before use, not when you bring them home.
- Do not use soap, detergent, or commercial washes on produce.



### NUTRITION FACTS

- Fat free
- Good source of calcium
- Good source of Vitamin A
- Good source of Vitamin K
- Good source of iron



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



### FOR MORE INFORMATION...

**Amanda Miller** | Extension Fond du Lac County  
FoodWise Coordinator and Health & Wellbeing Educator  
P: 920-929-3174 | E: amanda.m.miller@wisc.edu

**Amber Bodart** | Downtown Fond du Lac Partnership, Inc.  
Director of Communication and Special Events  
P: 920-322-2006 | E: market@downtownfdl.com

*Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at [www.5aday.gov](http://www.5aday.gov); [www.recipesource.com](http://www.recipesource.com) & [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov)  
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