



***Ocimum basilicum* L.**

Family: Lamiaceae

Common name: Sweet basil

Local name: Nyazboo

Importance:

- It adds flavor to meals, and its nutrients may provide health benefits, such as reducing oxidative stress and supporting cardiovascular health.
- In the diet, sweet basil can provide vitamins, minerals, and a range of antioxidants. Its essential oil may also have medicinal benefits.