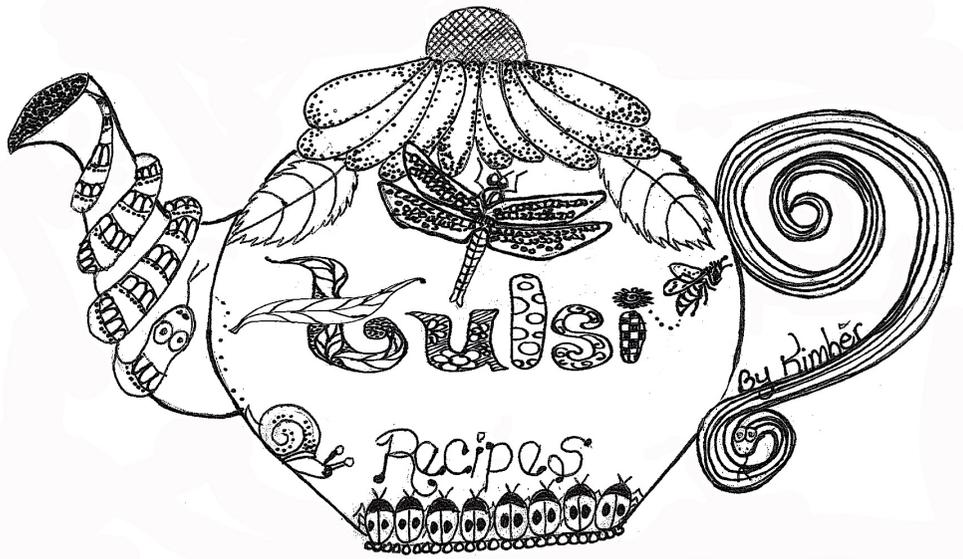


# Tulsi Recipes

An HerbMentor.com Community eBook



LearningHerbs.com



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## Introduction

Welcome to our HerbMentor.com community eBook!

This eBook is a collection of recipes that HerbMentor.com members shared during the months of May and June of 2012, when we were focusing on the herb Tulsi or Holy Basil.

The recipes range from tea blends to floral waters and even food recipes!

Thank you to everyone for generously sharing your recipes and your artwork to make this eBook possible.

And thanks to all the members of HerbMentor.com who make our community forums such a vibrant hall of inspiration, community and herbal learning.

Enjoy your tulsi tea!

Rosalee de la Forêt

August 2012

**HerbMentor**   
by LearningHerbs.com

Special thanks to the HerbMentor.com community for making this eBook possible.

*Tulsi Recipes* was compiled by Rosalee de la Forêt for members of HerbMentor.com, and is a production of LearningHerbs.com, LLC.

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Photo by Rosalee de la Forêt

## ✿ Tulsi from the garden

The Tulsi challenge went good for me. I used fresh leaves from the many plants growing in the garden. I boiled a cup of water, then steeped fresh tulsi, peppermint and lemon balm leaves and stems for 15 minutes, added raw honey and half a lime, yum.

by Robert Esparza

## ✿ Tulsi and mints

We loved (and still do!) the Tulsi! I'm so glad we tried it. We found it very refreshing iced, either with peppermint, lemon balm, or the lemon tea from Mountain Rose Herbs. Wonderful all on its own as well.

by Lisa Albillar

## ✿ Tulsi Moon Brew

I put fresh Tulsi, Lavender buds, Rose petals & Lemon Verbena in a crystal bowl and let it sit out overnight in the full moon. I drank it the next morning (it was “room” outdoor) and it was so sweet and lovely.

by Nancy Bauer

## ✿ Kombucha

For kombucha, I use 2 1/2 T. green sencha tea for one part, then 1/2 part each roughly of Tulsi and lemon verbena or lemon balm. I put 1 c. sugar in a gallon jar, add 1 T or so of organic sugar for the minerals, such as Sucanat or Rapadura. Then fill the jar 1/2 way with boiling water, letting the herbs steep and the sugar melt. After 1/2 hour to overnight, I strain out the tea bag, fill the jar the rest of the way with purified water making sure it is about room temperature so as not to kill the SCOBY with heat, then pour that over the kombucha SCOBY (mother that you get from someone else the first time) and about 2 cups more or less or whatever is left of the previous batch of kombucha, into a water jug. Mine is pottery and holds about 2 1/2 gallons, but you can make a much smaller amount in a Mason jar. Then you can just pour from the spigot below after a few days, earlier if you had plenty kombucha left from the previous batch.

by Mary Himmer

## ✿ Eggs w/Tulsi & Basil

Prepare your eggs like you prefer.

I break open my eggs & add 2 fresh Tulsi leaves with 2 fresh Sweet Basil or Cinnamon Basil leaves that have been cut up into small pieces. I use scissors. I add some milk & whisk. Fry or scramble.

YUM!!!

by Kimber

## \* Herbal Stress Reduce Tea

- 1/2 tsp. chamomile flowers
- 1/2 tsp. dried Tulsi (Holy Basil) leaves
- 1/2 tsp. dried lemon balm leaves
- 1/2 tsp. dried rose petals
- 1/2 tsp. dried oat straw

Pour 1-2 cups boiling water over herbs. Cover & steep 10-15 mins.  
Strain & sweeten w/ a touch of honey.

by Kimber

## \* Tulsi Herbal Fruit Water

Fill your water container with a few fresh bruised Tulsi leaves & add some fruit & then fill the container 1/2 to 3/4 of the way with ice. Add water. Put on lid & shake.

Enjoy!

Here's some examples:

### \* Pineapple & Tulsi w/ Mint.

Add: a 2-3 inch sprig of Tulsi leaves,  
Add 1 small spring of fresh rosemary or mint.  
Toss in some chunked fresh pineapple.  
Fill jar with ice & add water.

### \* Green Apple w/ Tulsi & Mint

### \* Cucumber, Tulsi, Fresh Ginger & Lemongrass

### \* Sliced Oranges, Tulsi & Cinnamon Basil

### \* Sliced Cucumber, Tulsi, w/Cinnamon Basil

### \* Watermelon, Tulsi & Rosemary

### \* Sliced Lemons, Tulsi w/ Lemongrass,

### \* Sliced Limes, Tulsi & Fresh Ginger



Photo: Ocimum Sanctum by Christophe Bernard

## ✿ Peaceful Calm Tea

(my personal blend)

chamomile flowers, rose petals, oatstraw,  
lemongrass, Tulsi (Holy basil), hibiscus flowers,  
rose hips, orange peel & calendula petals.

1 tsp. to 1 cup of hot water.

Steep covered for 5- 10 mins. Add honey to taste. I just get out a jar & start filling it w/ dried herbs w/o measuring anything.

by Kimber

## ✿ Friendship Tea

5 T. dried Lemongrass cut 1/4 inch or smaller w/scissors

3 T. dried Tulsi (Holy Basil ) leaves

3 T. dried Calendula petals measure 1st & cut w/scissors

2 T.dried Rose petals >cut w/ scissors

2 T. Hibiscus flowers >use mortar & pestle to make finer  
1 -cinnamon 2" cinnamon stick >use mortar/pestle  
1 Star Anise >use mortar & pestle to break up finer  
2 tsp. dried orange peel  
2 tsp. dried rosehips  
1/2 tsp. dried elderberries

Put all ingredients in a jar. Shake & flip jar before measuring. Use  
1 heaping tsp. per cup of boiling water. Add honey to sweeten.

by Kimber

## ✿ Tulsi for Valentine's Day

This tea is perfect for Valentine's Day b/c of the beautiful red color. I have also made this w/o the calendula petals & star anise. My roses are not very fragrant but I wanted the beautiful pink petals for color.

I did not fill the jar all the way to the top b/c I wanted to be able to flip & shake the jar before using. Rosehips tend to sink to the bottom of the jar. This tea is slightly tart & even fruity tasting & perfect w/ a tsp. of honey.

Use this for a tag on the jar

### ✿ Friendship Tea

Is a blend of Lemongrass, Calendula petals,  
Rose petals, Hibiscus flowers, Cinnamon stick,  
Star Anise, Orange peel, Rosehips,  
Tulsi leaves, Elderberries & Love.

Shake & flip jar before measuring. Use 1 heaping tsp. per cup of boiling water. Add honey to sweeten.

by Kimber



Image by Heidi Cools

## \* Tulsi combinations

Below is a combination of herbs that we ADD to the Tulsi to create our own blend for the moment. Sometimes we all get stuck in one way of thinking & this brings about how really easy it to just add something to what we have on hand to create a new blend of herbs. It is fun to experiment & see what you can come up with .

### \* Tulsi or Holy Basil Tea

Add a blend to your tulsi tea to suit your taste for the day!

### \* Lavender Tulsi

Add a few lavender flowers to the brew to help reduce stress & bring peace of mind.

### \* Green Tea with Jasmine Tulsi

Add green tea w/ jasmine with your tulsi for an Asian brew.

### \* Chamomile Tulsi

Add a few dried chamomile flowers to the brew to bring about relaxation.

### \* Peppermint Tulsi

Add some fresh or dried mint to your tulsi for a cool & refreshing brew.

### \* Elderberry Tulsi

Add a pinch of some dried elderberries to your brew to bring about immune strength.

### \* Chai Tulsi

Add a couple of whole cloves, ground nutmeg, 1 cracked cardamom pod, 1 star anise, some cinnamon stick & fresh ginger to the brew for a spiced kick. Sweeten to taste w/ honey & add some milk if you like.

### \* Lemongrass Tulsi

Add some dried lemongrass, grated lemon peel or a sliced lemon to float on top. Add some honey to sweeten. This will add a Vit. C punch.

### \* Rose Tulsi

Add some fresh or dried rose petals & rosehips to promote an uplifting brew for the nervous system.

### \* Echinacea Tulsi

Add some dried echinacea flower petals, leaves or root to promote immunity & well being.

by Kimber



Photo by Rosalee de la Forêt

## ✿ Tulsi and citrus

tsp holy basil  
tsp orange peel  
tablespoon jasmine flowers

Steep in 16 ounces of just boiled water for 10 minutes. Strain, add honey or stevia to taste and enjoy.

## ✿ Tulsi and flowers blend

heaping teaspoon holy basil  
heaping teaspoon hibiscus  
heaping teaspoon rose petals  
stevia

Steep in 16 ounces of just boiled water for 10 minutes. Strain, add honey or stevia to taste and enjoy. This is great iced!

## ✿ Refreshing tulsi blend

heaping tsp tulsi  
heaping tsp linden  
heaping tsp rose  
stevia/honey

Steep in 16 ounces of just boiled water for 10 minutes. Strain, add honey or stevia to taste and enjoy.

by Rosalee de la Forêt

## ✿ Tulsi White Russian

One delicious suggestion that I have is to make the tincture into a “Tulsi white russian” with milk or milk substitute and ice and maybe a bit of honey. To me the tincture has such a lovely taste, it’s more like a liquor. I do that for special occasions!

by Anbird

## ✿ Tulsi and Lemon Myrtle

My current preference is in a blend with Lemon Myrtle - about 3 parts Tulsi to 1 part Lemon Myrtle.

by Douglas Streets

## ✿ Tulsi and Bangkok blend

1 heaping tsp holy basil 1 heaping tsp H & S Bangkok\*, or dried elderberries (you could use a squirt of elderberry tincture instead) Pinch of stevia to taste Just boiled water & your favorite mug.

Instructions: Combine all the herbs into a tea infuser and pour the just boiled water over them. Steep for 15 minutes, covered. Very satisfying. \*(Harney & Sons Bangkok blend = green tea, lemongrass, & coconut)

by Ruth Smith



Image by Heidi Cools

## ✿ Tulsi Chai

- 2 tsp. green tea
- 1 tsp. Tulsi /Holy Basil
- 3-4 whole cloves
- 2 cardamom pods , cracked
- 1/4 inch thick slice of fresh ginger
- One small cinnamon stick, broken
- Pinch of grated nutmeg
- 2 cups water
- 1 -2 tsp. honey
- Milk, to taste

In a small saucepan bring water to almost boiling. Add cloves, cardamom, cinnamon, ginger & nutmeg. Simmer 5 mins. Add Tulsi & green tea & turn off heat & cover. Steep 5 mins. Strain.

Serve w/ milk & honey. Garnish with skewered crystallized ginger

by Kimber

## ✿ Strawberries and Tulsi

Simply cut holy basil leaves on top of fresh strawberries with a dash of full-fat sour cream

by Christophe Bernard

## ✿ Holy basil eggplants

dice eggplants, flour them, pan fry them in olive oil, put in an oven dish and cover with tomato sauce, holy basil leaves, and cover with grated cheese. Leave in the oven long enough for the cheese to melt and to get a nice crust.

by Christophe Bernard

## ✿ Strawberry Rhubarb with Tulsi

2 cups diced strawberries  
1 cup diced rhubarb  
honey to taste  
two tablespoons of water  
1/4 to 1/2 cup fresh tulsi leaves

Place the rhubarb and water in a small pan and bring to a simmer. Keep simmering, stirring frequently, for about 7 minutes or until the rhubarb looks mushy.

Add the strawberries and honey and stir for about a minute more until the strawberries are warmed and the honey is blended throughout.

Add the tulsi leaves, stir well and remove from heat. Let sit for five minutes and then served with freshly whipped cream if desired.

by Rosalee de la Forêt



Photo by Rosalee de la Forêt

## ✿ Mountain Rose Herbs blend

2 parts Skullcap

2 parts Oat tops

1 part raspberry

1 part rose buds or petals

1/4 part each of chopped vanilla bean and cinnamon chips

Then I put one 1 part of this with 1 part Tulsi, Holy Basil

submitted by Marianne Lawrence

## ✿ Tulsi Herbal Waters

✿ Rosemary, Lemon & Tulsi Water

1 qt. jar

water & ice

1-2 sprigs of fresh rosemary, crushed

1 sprig of Tulsi, crushed

1 lemon sliced up

### ✿ Basil Water

1 qt. jar

water & ice

1-2 leaves fresh basil, crushed (Tulsi, lemon, cinnamon basil)

1- sliced lime

Fill a quart jar w/ fresh bruised herbs. Add lime or lemon. Be sure to squeeze some of the citrus juice into the jar & then toss in. Fill jar 3/4 full with ice. Fill the jar with water .

**Drink & enjoy!**

by Kimber

### ✿ Tulsi Tincture Formula

I made a couple of tincture(extracts) of simples.

2 parts catnip 1 part each: Fennel and Holy Basil  
for tummy and a relaxing nervine

2 parts Oats 1 part each: skullcap and Holy Basil this came from a  
MRH recipe

by marianne lawrence



Photo: Ocimum Grat by Christophe Bernard

## Holy Basil Monograph (from HerbMentor.com)

also known as Tulsi or Tulasi

by Rosalee de la Forêt

**Scientific name:** *Ocimum sanctum*, *O. tenuiflorum*, *O. gratissimum*

**Family:** Lamiaceae (mint family)

**Parts used:** Aerial portions

**Plant Properties:** Adaptogen, anti-microbial, aromatic digestive, relaxing nervine, cardiovascular tonic, expectorant, neuroprotective, radioprotective, antioxidant, immunomodulating, analgesic

**Plant Uses:** Stress, anxiety, high blood pressure, viral infections, fungal infections, depression, colds and flus, herpes virus, radiation exposure, high blood sugar, allergic rhinitis, ulcers, pain

**Plant Preparations:** Tea, decoction, tincture, fresh juice, poultice, powder, infused into ghee or honey

*Holy basil is classified as a rasayana, an herb that nourishes a person's growth to perfect health and promotes long life.*

David Winston and Steve Maimes  
from the book Adaptogens

Holy basil, sometimes referred to as tulsi, is a sacred plant in the Hindu religion and grows abundantly in India, western Asia, Malaysia, Central and South America, and even Puerto Rico. Its species name, *sanctum*, refers to this sacredness. In Sanskrit, tulsi means “beyond compare”. It is also referred to as an elixir of life, queen of herbs and mother nature of medicine.

My friend from New Delhi tells me that he was taught to give reverence to this plant every morning before his feet even touch the earth. Many Hindu families grow their own tulsi plant in their home, for spiritual as well as medicinal purposes.

This plant is sacred to the Hindu god Vishnu. Vishnu's wife, Tulasi, took the form of this herb when she came to earth. Besides being used in morning prayers, the wood of tulsi is used as beads in meditation, similar to how the Catholics use rosaries.

I know some of you are wondering if our common culinary plant, basil, is the same as tulsi or holy basil and the answer is no. Our culinary plant, *Ocimum basilicum*, is a different species although they do have some overlapping properties and uses. There are over 60 different species in the *Ocimum* genus.

There are at least three different types of holy basil, and while they can be used somewhat interchangeably, they also have their slight differences.

Rama Tulsi (*Ocimum sanctum*) has green leaves and is the most commonly cultivated holy basil and the easiest to find in commerce.

Krishna Tulsi (*Ocimum sanctum*) has leaves that are more purple in color.

Vana Tulsi (*Ocimum gratissimum*) is a perennial basil that is hard to find in commerce. In India it grows in the wild.



Photo by miansari66, Wikimedia Commons

You can buy seeds or even potted plants of all these varieties at Horizon Herbs.

*I cultivate both *Ocimum sanctum* (annual) and *Ocimum gratissimum* (perennial). To me, *O. gratissimum* is more bitter, colder. *O. sanctum* is more warming, more adaptogenic. I am thinking of using *O. gratissimum* for a messed up enteric influencing central nervous system, due to its more bitter nature. But that is just a gut feeling.*

Christophe Bernard  
Herbalist

For over three thousand years Holy Basil has been revered as one of India's most sacred and powerful plants.

Really think about that.

Ayurveda, one of the oldest and most sophisticated systems of medicine in the world reveres this plant. That is saying a lot! As you might imagine, a plant that holds such high esteem throughout an entire culture must be an amazing plant. And it is! This is yet

another herb with powerful properties that will leave you asking, “What can’t it do?”

### ✿ Adaptogen

Tulsi’s main claim to fame in the western world is its use as an adaptogen. In Ayurveda they refer to it as a rasayana. This term is similar to the Chinese term tonics. It basically means that this is a transformative herb and, when taken daily, it moves a person towards health. These are generally building and nourishing herbs.

I often hear people say that they don’t want to be taking herbs for the rest of their life, the idea being that if they were healthy, they wouldn’t need to take herbs. In this sense, people are equating herbs with pharmaceutical drugs. However, in other systems of healing like Traditional Chinese Medicine and Ayurveda, specific herbs are taken for a lifetime to ensure vibrant health and longevity. Holy basil is one of these herbs.

*It brings me back into my body, from the overactive Vata part of me. When there is a whirlwind of ideas and planning of future projects, when I am gardening but not even there, lost in my head, it brings me back into my body. Mind clarity, yes, but a clarity of the present moment, and a sharpening of all the senses. I see and hear more sharply, I feel the sun on my skin, the weight of my body. I am more in tune with intuition. Things slow down a bit. What Matt Wood uses wood betony for, I would use holy basil for (reconnecting with your enteric nervous system).*

Christophe Bernard  
Herbalist

Holy basil not only helps the body adapt to stress, it can also promote energy and endurance. One way it does this is by increasing the body’s ability to efficiently use oxygen.

Holy basil is a relaxing nervine that can help calm the mind and recover from our hustle and bustle culture. It has also been shown to positively effect people who are diagnosed with chronic fatigue syndrome.

David Winston refers to holy basil as a cerebral stimulant and uses it for people with mental fog.



Image by Heidi Cools

*It can be combined with other cerebral stimulants such as rosemary, bacopa, and ginkgo to help people with menopausal cloudy thinking, poor memory, attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD) and to speed up recovery from head trauma.*

David Winston and Steven Maimes  
from the book *Adaptogens*

#### \* Aromatic digestive

Like our common culinary basil, holy basil has many positive effects on the digestive system. As a slightly warming and aromatic herb it is used to promote stagnant digestion and it is often paired with dried ginger for this purpose. Stagnant digestion is when you eat a meal and feel like it is stuck. One might also experience bloating, gas, decreased appetite and nausea. Tulsi is also helpful for heartburn and can help to heal ulcers.

The fresh juice sweetened with honey is used for intestinal

parasites. And it is considered to be an hepatoprotective herb, or an herb that protects the liver from harm.

#### \* **Blood glucose regulating**

Holy basil has been shown to help regulate blood sugar in diabetics and specifically can lower fasting blood glucose significantly. One reasoning for this ability may be its high antioxidant levels. Someone who is taking insulin to control their diabetes might need to approach this herb with caution and adjust their insulin levels accordingly.

#### \* **Cardiovascular tonic**

Tulsi has many beneficial actions on the heart. It is slightly blood thinning and promotes good circulation. It can lower stress-related high blood pressure and taken daily it can help optimize cholesterol levels. Stress can play an ugly role in overall cardiovascular health and the adaptogenic properties of tulsi can help mediate stress-related damage.

In Ayurveda, a formula that is balancing to all who take it (tridoshic) is made up of tulsi, arjuna and hawthorne.

#### \* **For musculoskeletal pain**

In scientific studies, holy basil has been shown to be a COX 2 inhibitor (many modern pain medications are COX 2 inhibitors), making it useful against arthritis and other inflammatory conditions. Tulsi is high in eugenol, a constituent also found in cloves, which is helpful to decrease pain.

#### \* **Immunomodulator**

Holy basil helps to strengthen and modulate the immune system. It can be taken to both prevent and address current upper respiratory viruses like the cold or flu. This expectorant herb also has an affinity for the lungs and can be used for bronchitis as well as pulmonary weakness. Taken over time it can have a beneficial effect on asthma and has also been shown helpful in alleviating allergic rhinitis symptoms like seasonal hay fever.



Photo by Vaishak Kallore, Wikimedia Commons

Add some ginger and honey to tulsi tea to help soothe an irritated sore throat.

As an anti-microbial herb it can be used topically or internally to treat bacterial, viral and fungal infections. It is frequently used for herpes sore outbreaks (viral infection) and can also be applied externally to ringworm infections and eczema. (Taken internally its effects on the liver and digestion also help with eczema.)

Tulsi has the ability to reduce cancerous tumors and can also protect healthy cells from radiation and chemotherapy treatments.

### \* Botanically speaking

For this botanical section let's concentrate on *Ocimum sanctum*, Rama Tulsi. This is the easiest herb to find in commerce and if you can grow basil, then you can grow this one.

As a member of the mint family it has the characteristic square stem and opposite leaves.

The flowers have the familiar lipped shape of the mint family.

It likes to grow in full sun with moderate water and fertile well-draining soils.

As the plant forms flowers, gently pluck these off to avoid the plant going to seed too early in the season. Also, by occasionally plucking off these flowers you will encourage the plant to branch and continue growing. If you are wanting to collect the seeds for next year's crop you can grow a special plant just for seed production, or stop plucking the flowers early enough in the season that the seeds will develop.

Normally, it's an annual plant that needs about 80 days until maturity. In some tropical climates it may grow for five years.

### \* Preparing holy basil as medicine

The most common way to prepare holy basil is as a tea. Because of its high volatile oil content it is steeped for 5-10 minutes covered. You can start with 1 tsp of the leaf and increase as desired. I've seen recommendations of up to 4 ounces per day so this will be difficult to take too much of.

In Ayurveda the fresh juice is often used for remedies and my friend and herbalist Christophe (who adores holy basil) says that he strongly prefers fresh leaves for tea or as a fresh tincture.

As a fresh herb tincture one could start with 40 - 60 drops of a 1:2 tincture, 2 - 3 times a day.

### \* Special Considerations

Tulsi might have an anti-fertility effect on both men and women and thus should not be taken by couples wishing to conceive or by pregnant women. It is slightly blood thinning and should not be taken by those who are currently taking warfarin. Those who are taking insulin to control their diabetes may need to adjust their insulin levels while taking tulsi.

### \* Resources

*Adaptogens: Herbs for Strength, Stamina, and Stress Relief* by David Winston and Steven Maimes

*Holy Basil Monograph* by Steven Maimes

Personal correspondence with herbalist and holy basil aficionado Christophe Bernard

*Tulasi Devi: Goddess of Devotion* by Sarvaga and Gunavati