

RED SHISO PERILLA FRUTESCENS



SUN TO SHADE

LOOKING A LOT LIKE A COLEUS, ITS GOOD LOOKS MAY OBSCURE THIS PLANT'S RICH CULINARY HISTORY. A MAINSTAY IN JAPANESE CUISINE, RED SHISO (AKASHISO) IS TRADITIONALLY USED TO COLOR AND FLAVOR UMEBOSHI PLUM PASTE AND IN UMESHISO MAKI. ITS FLAVOR IS LIKENED TO THAT OF BASIL WITH HINTS OF CINNAMON, CLOVE, AND CUMIN, ALTHOUGH A GOOD DEAL Milder. USE THE LOVELY LEAVES AND EDIBLE FLOWERS IN SALADS, AS GARNISH, AND TO FLAVOR AND COLOR TEAS AND VINEGARS. SELF SEEDS PROLIFERICALLY FOR MANY NEW PLANTS NEXT YEAR. RED SHISO MAKES A GREAT UNCOMMON ADDITION TO THE HERB AND VEGETABLE GARDEN, BUT DON'T STOP THERE, SINCE IT IS DEFINITELY PRETTY ENOUGH FOR FLOWER BEDS AND BORDERS, TOO!

ANNUAL HERB

