

# Shiso



Shiso, also known as Japanese basil or beefsteak plant, is a popular bush plant in Asian countries. It has a delightful aroma, anise-like flavor, and complements well with fish.

They are popularly used in Japanese cuisine as they offer a subtle flavor and tender texture, and can be used to garnish sushi or sashimi, sprinkled over miso soup or soba noodles, wrapped around meat, mixed in with tofu or bean curd dishes, added to stir-fries, or even steeped in green tea.

Shiso contains calcium, phosphorus, iron, potassium, antioxidants, and vitamins A, C, and K.

## HEALTH BENEFITS

- Strengthens the immune system
- Supports strong teeth and bones
- Can prevent the onset of osteoporosis
- Improves bone health
- Recommended for healthy skin
- Supports eyesight
- Helps regulate muscle and nerve function
- Regulates blood sugar
- Reduces high blood pressure
- Maintains good digestive health
- May reduce risk of diabetes

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