

Rosemary

Family	Lamiaceae
Botanical	Rosemarinus officinalis
Parts Used	Leaves and twigs
USDA Hardiness	7A -10B
Light	Full Sun
Soil	Well drained
Duration	Tender Perennial



Propagation	Soil pH requirements: 6.6 (neutral) to 8.5 (alkaline). From softwood cuttings, semi-hardwood cuttings, hardwood heel cuttings, by simple layering, by stooling or mound layering or by seed.
Water	As needed, do not overwater
Growing	Rosemary does not like frigid "wet feet". Choose a sheltered spot with full sun and well-drained soil. Rosemary tolerates clipping well and can be easily pruned into a pleasing shape. Rosemary is a good companion plant for cabbage, beans, sage and carrots. It helps to keep away moths, bean beetles and carrot flies.

Medicinal Uses	Aromatic, carminative, diaphoretic, stimulant and astringent.
Benefits	For depression, headaches associated with gastric upsets and poor circulation.
Preparation	Rosemary Vinegar: 1 oz. dried rosemary 4 cups apple cider vinegar Steep the rosemary in the vinegar for 2 weeks. Shake occasionally. Strain, bottle, label and date. Use 2-4 teaspoons in the rinsing water when washing hair. For dandruff, massage rosemary vinegar thoroughly into the scalp 20 minutes before washing. Infusion: Steep a teaspoon of rosemary in 1 cup water for 5-15 minutes. Drink 2 oz. three times daily.

Fines Herbes

Culinary Uses

Its needlelike leaves have pronounced lemon-pine flavor that pairs well with roasted lamb, garlic, and olive oil. Rosemary is also a nice addition to focaccia, tomato sauce, pizza, and pork, but because its flavor is strong, use a light hand.

Roast Chicken with Rosemary

Ingredients:

- 1 (3 pound) whole chicken, rinsed
- salt and pepper to taste
- 1 small onion, quartered
- 1/4 cup chopped fresh rosemary

Directions:

1. Preheat oven to 350 degrees F .
2. Season chicken with salt and pepper to taste. Stuff with the onion and rosemary. Place chicken in a 9x13 inch baking dish or roasting dish.
3. Roast in the preheated oven for 2 to 2 1/2 hours, or until chicken is cooked through and juices run clear. Cooking time will vary a bit depending on the size of the bird.



Historical Facts

In ancient mythology, the nine muses and Minerva, the Roman goddess of wisdom, are often depicted with rosemary in their hands. Carried by wedding couples as a sign of love and fidelity, rosemary is also a symbol friendship and loyalty. Through the ages, this aromatic herb has been linked with memory and remembrance; in ancient times, a sprig was often tossed into the coffin to ensure that the deceased would not be forgotten. In the Middle Ages, it was common to keep some sprigs under the pillow to chase away bad dreams.

Additional Tips

Scientific evidence suggests that rosemary does in fact stimulate the memory centers of the brain.

Nutrition Facts

The herb is exceptionally rich in many B-complex groups of vitamin, such as folic acid, pantothenic acid, pyridoxine, riboflavin. It is one of the herbs contain high levels of folates. Folates are important in DNA synthesis and when given during the peri-conception period can help prevent neural tube defects in the newborn babies.

Rosemary herb contains very good amounts of vitamin A. A few leaves a day in the diet, would contribute enough of this vitamin. Vitamin A is known to have antioxidant properties and is essential for vision. It is also required for maintaining healthy mucus membranes and skin. Consumption of natural foods rich in vitamin A is known to help the body protect from lung and oral cavity cancers. Fresh rosemary leaves are a good source of antioxidant vitamin; vitamin-C . The vitamin is required for the collagen synthesis in the body. Collagen is the main structural protein in the body required for maintaining the integrity of blood vessels, skin, organs, and bones. Regular consumption of foods rich in vitamin C helps the body protect from scurvy; develop resistance against infectious agents (boosts immunity) and help scavenge harmful, pro-inflammatory free radicals from the body.

- Rosemary herb parts, whether fresh or dried, are rich source of minerals like potassium, calcium, iron, manganese, copper, and magnesium. Potassium is an important component of cell and body fluids, which helps control heart rate and blood pressure. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase.

- This herb is an excellent source of iron, contains 6.65 mg/100 g of fresh leaves (about 83% of RDA). Iron, being a component of hemoglobin inside the red blood cells, determines the oxygen-carrying capacity of the blood.