

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Rosemary

Rosemarinus officinalis



A genus of 2 species of evergreen shrubs native to dry, mainly coastal areas around the Mediterranean sea. *R. officinalis* and its many variants are popular garden and container plants. Low growing forms make attractive specimens for pots, steep banks, or the tops of walls. *Rosmarinus* is from the Latin "dew of the sea," referring to the dew-like appearance of its pale blue flowers from the distance.

DESCRIPTION

Rosemary is an upright evergreen shrub with tough, blunt, dark green, needle-like leaves. Flowers are pale blue and are borne in clusters along the branch.

Rosmarinus officinalis 'Blue Lagoon' had dark blue flowers and more of a semi prostrate habit.

Rosemarinus officinalis 'Arp' is an upright evergreen shrub with tough, blunt, dark green, needle-like leaves and nice blue cut flowers. This particular variety of rosemary is especially suited for cold weather. *Rosmarinus officinalis* 'Goriza' has large blue-pink flowers. Good hedge plant and cut flower. *Rosemarinus prostrata*, Prostrate, has prostrate habit. *Rosemarinus prostrata*, Semi Prostrate, has semi prostrate habit. *Rosemarinus officinalis* 'Salem' Hardy, fast-growing evergreen shrub. Shiny green, needle like leaves are aromatic. It bears small blue flowers in early spring and is loved for its strong, pine like flavor and fragrance.

PARTS USED Leaves, flowering tops, oil.

PROPERTIES

Rosemary is rich in volatile oils, and phenolic acids, which are strongly antiseptic and anti-inflammatory.

USES OF THE HERB

Culinary

Fresh or dried leaves are used to flavor meat (especially lamb), soups, and stews; they have a bitter taste and a tough texture, so should be used either finely chopped or in sprigs that can be removed before serving.

Medicinal

Used for depression, nervous exhaustion, headaches and migraines. Externally for rheumatism, arthritis and muscular injuries.

Cosmetic

Ingredient in soaps and shampoos, creams and lotions.

Ornamental

Bold appearance makes this a great landscape plant on its own or mixed with other plants.

CULTIVATION

Well-drained soil in sun, with shelter in cold areas. Prune after flowering to encourage bushy growth.

HARVEST

Leaves and flowering tops are collected in spring and early summer and distilled for oil or dried for infusions, decoctions and extracts. Leaves picked anytime for use in cooking.



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Height 1m/3ft Spread 60cm/24in