

DID YOU Know...



ROSEMARY - *ROSMARINUS OFFICINALIS*

- Rosemary is native to the rocky, dry areas of the Mediterranean, especially along the coast.
- The genus name *Rosmarinus* is derived from the Latin words *ros* and *marinus* which together translate to “dew of the sea”.
- Greek scholars often wore a garland of rosemary on their heads to help their memory during examinations.
- The Eau de Cologne that Napoleon Bonaparte used was made with rosemary.
- The subject of many poems, rosemary was also mentioned in five of Shakespeare’s plays.
- Rosemary has symbolized remembrance and a sprig was often placed in the hands of the deceased at funerals.
- Also the symbol of happiness, loyalty and love, rosemary sprigs found their way into bridal bouquets or were simply worn by brides on their wedding day. Grooms wore sprigs symbolizing faithfulness.
- According to legend, the flowers of the rosemary plant were white until the Virgin Mary placed her cloak upon it, turning the flowers blue.

TIPS

- Grow rosemary in a light, well-drained soil with additional sand or gravel added to the mix.
- This herb does well in the ground or in pots.
- Water rosemary when the soil is slightly dry to avoid root rot if overwatered.
- Provide winter protection to improve hardiness.
- Depending on the cultivar, rosemary can be hardy to zone 6.
- To grow indoors, provide a sunny, cool room and water when drying but before completely dry.
- Hang or screen dry harvested rosemary in late summer or early fall, ideally just before flowering.
- Can preserve by freezing though leaves will lose some color; strip leaves when frozen and store in airtight container

USES

- Pungent rosemary compliments poultry, fish, lamb, and beef as well as tomatoes, cheese, eggs, potatoes, squash, soup and salad dressings.
- Use woody stems for kabob skewers or fire starters.
- Prune potted or landscape rosemary plants into topiaries or hedges.
- Create wreaths, garland, bath and potpourri products with rosemary.
- Rosemary produces a yellow-green dye.
- Rosemary essential oil is used in aromatherapy.