

ANOTHER  
HERB HERBERT FAVOURITE HERBS  
FACT SHEET

# Rosemary

*Rosemarinus officinalis*



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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.

## PARTS USED

Leaves, flowering tops, oil



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## 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 flavour 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, 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

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

## 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, extracts. Leaves picked anytime for use in cooking.