**Rosemary Plant - Common Rosemary**



**Rosmarinus officinalis**

Recognised to be an excellent attractant and nectar source for bees and other beneficial insects.

* Hardy.
* Evergreen perennial.
* Prefers a warm, well drained sunny position.
* Doesn't like cold winds.
* Likes a lime soil (this can be added with egg shells or wood ash).
* Reaches 6 feet (2 metres) tall.
* Flowers January - December with blue/violet coloured flowers.
* If it gets messy, cut back after flowering, but do not cut into old wood otherwise it may die.
* If planting a hedge, we recommend planting approx 12" (30 cm) apart.
* Avoid planting in close proximity to Sage. Rosemary and Sage do not 'get on' and the Sage will at best struggle, at worst die off!
* **Culinary Uses.**
* Can be used to flavour stews and particular lamb.
* Can be used to flavour potatoes and herb butter.
* Soaked in water the stems can be used as skews.
* Can be sprinkled into salad.
* Flowers are edible.
* **Medicinal Uses.**
* Can be used to treat rheumatism and circulations problems.
* Can ease systems of gout.
* Can aid fat digestion.
* Can stimulate and tone skin.
* Can relieve tiredness, nervous exhaustion and headaches.
* Can increase alertness.
* Can relieve water retention.
* Can stimulate your liver, leading to faster processing of toxins.
* Helps to cleanse your skin and dry itchy scalps.
* Has anti-bacterial properties.
* **Other Uses.**
* Used in pot pourri and herb pillows.
* Moth and insect repellent.

