

Rosemary - 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 skewers.
- 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.

