Rosemary
*Rosmarinus officinalis*

**When to Plant:** Mid-late Spring  
**When to Harvest:** Spring-Summer

**Uses in Medicine:** The high percentage of aromatic compounds in rosemary extract give it potent antioxidant and antimicrobial properties.

**Uses in Cooking:** Rosemary is used in cooking usually by mincing it and adding it to a mixture of seasonings for meat or as ingredients for baked goods. It can even be used as a garnish in jams, olive oil, butters, and cheeses.

**Fun Facts:** Rosemary gets its name from the Latin phrase "dew of the sea".