

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".

