

## Rosemary - Seeds - buy 1 get 1 free



Rosmarinus officinalis. 1 packet contains 30 seeds of Rosemary - Seeds

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### Price

Sales price R 125

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Description

## Description for Rosemary

The leaves are evergreen, 2-4 cm long and 2-5 mm broad, green above, and white below, with dense short woolly hair. The plant flowers in spring and summer in temperate climates but the plants can be in constant bloom in warm climates

Common name	Flower colours	Bloom time	Height	Difficulty
Rosmarinus officinalis (Botanical name)	purple or blue	summer	3 to 4 feet (90 - 120cm).	easy to grow

## Planting and care

For a head start, plant the seeds or cuttings indoors 8 to 10 weeks before the last spring frost. Plant the seeds/cuttings in well-drained soil. For best growth, the soil should be around 70°F.

Sunlight	Soil	Water	Temperature	Fertilizer
Full Sun to Partial Shade	well-drained soil	Average water needs. Water on a regular schedule, but do not overwater. Allow soil to go dry between waterings, then soak thoroughly.	60°F and 70°F.	Apply any organic fertilizer.

## Caring for Rosemary

After the plant flowers, remember to trim the plant. For fresh rosemary in the winter, grow the plant indoors in a pot. Be sure to put it in bright light and cool temperatures.

Prune regularly so that the plant won't get lanky. Water the plants evenly throughout the growing season. Be sure to get cuttings

or divide the plant for next season.

## Harvesting

Prune the stems to use fresh. During the winter, bring a rosemary plant indoors. Harvest rosemary after new growth is generated, typically 6 weeks after

## Typical uses of Rosemary

**Special features:** You can dry the leaves as well and store in an airtight container.

**Culinary use:** Rosemary is a nice addition to tomato sauce, pizza, and pork, but because its flavor is strong, use a light hand.

**Ornamental use:** Rosemary lends itself to decorative uses as well. Use the trimmings to create a decorative wreath either alone or with other herbs. Wreaths can be hung on the wall or used as table decorations and they make lovely gifts.

**Medicinal use:** Unverified information Rosemary contains the antioxidants carnosic acid and rosmarinic acid, and other bioactive compounds including camphor, caffeic acid, ursolic acid, betulinic acid, rosmaridiphenol, and rosmanol. Some of these may be useful in preventing or treating cancers, strokes, and Alzheimer s Disease.

## References

<http://www.almanac.com/plant/rosemary> <http://www.flowersofindia.net/risearch/search.php?query=Rosemary&stpos=0&stype=AND>