

## Rosemary - Plant



Rosemary (*Rosmarinus officinalis*) is an evergreen perennial herb native to the Mediterranean. Its aromatic stems are often used for cooking, but the plants are also grown for ornamental purposes.

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### Price

Sales price R 454

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### Description

## Description for Rosemary

It is a pungent and distinctive plant with a sweet, resinous flavour. Rosemary is ideal for a rock garden or the top of a dry wall. It is used for poultry, lamb, stews, and soups.

Evergreen rosemary is an attractive evergreen shrub with needle-like leaves and brilliant blue flowers. The flowers of evergreen rosemary persist through spring and summer, filling the air with a nice piney fragrance.

Common name	Flower colours	Bloom time	Height	Difficulty
rosemary	-	-	Height : 4 to 6 feet Width : 2 to 4 feet	Easy

## 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.

Be sure to give your plants enough room to grow. Rosemary grows to about 4 feet tall and spreads about 4 feet as well. In the garden, plant near beans, cabbage, carrots, and sage.

Sunlight	Soil	Water	Temperature	Fertilizer
It tolerates partial shade, but prefers full sun.	Well-drained soil with a pH between 6 and 7.	Keep the soil uniformly moist, allowing it to dry out	15 to 37 °C	Regular but a light fertilizer application does well for

between watering.

rosemary.

## 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. To prevent mildew and rot, be sure your plants enjoy good drainage and air circulation.

## Typical uses of Rosemary

### Special features:

**Culinary use:** While rosemary blends well with other herbs, use it lightly on its own in lamb, pork, chicken, and veal dishes, as well as in soups and stews, vegetables, and sauces. Rosemary provides a wonderful flavour in breads and makes a good marinade with olive oil, wine, and garlic. Rosemary's aromatic qualities also enhance a bath, bouquet, wreath, or sachet.

**Ornamental use:** While any rosemary can easily fit as a decorative plant in your flower bed or garden, there are several cultivars that are more ornamental than the species and will attract the attention of your neighbours.

**Medicinal use:** Laboratory studies have shown rosemary to be rich in antioxidants, which play an important role in neutralizing harmful particles called free radicals.

Blood levels of a rosemary oil component correlate with improved cognitive performance, according to research in *Therapeutic Advances in Psychopharmacology*, published by SAGE.

Rosemary contains an ingredient, carnolic acid, that is able to fight off free radical damage in the brain.

Rosemary may significantly help prevent brain ageing.

Rosemary may be an effective herbal anti-inflammatory and anti-tumour agent.

## References

<http://www.medicalnewstoday.com/articles/266370.php> <http://gardening.about.com/od/vegetablepatch/a/Rosemary.htm>