

## Healing Garden Herb Guides

### Rosemary

**Botanical Name** *Rosmarinus officinalis* L

**Family:** Lamiaceae

#### What is it?

Rosemary is native to the Mediterranean, growing naturally in dry scrubland. It is an evergreen perennial shrub, with characteristic needle-like dark green leaves that produce a pungent, aromatic scent when rubbed. The flowers are a pale purple or white with two long protruding stamens. The fruits appear as four dry nut-like shells. Rosemary is now widely cultivated for its culinary use and as an essential oil.

As Shakespeare reminded us in Hamlet, rosemary was known as the herb of remembrance, and was placed at burial sites to ensure that the memory of the departed would not be lost by their loved one. New research suggests it does improve memory and cognitive functions in the elderly.



#### How can I grow it?

To replicate its Mediterranean home give rosemary a warm sunny position and well-drained soil. However it is frost-hardy and does very well in pots.

#### How can I use it?

- **Eating**

Rosemary is a great complement to cooking with meat and fish, especially those with more fats. However it also goes well with grains, mushrooms, and vegetables, especially potatoes.

- **Healing**

The traditional European use of rosemary was for digestive problems, including with bloating, flatulence intolerance to rich meals.

Rosemary has long been used as a brain tonic and to raise spirits and to boost recovery after illness or periods of low energy. There is new research to support its use in any fatigue condition, including some of the most persistent versions. Short term though real benefits from inhaling the fresh leaves can be extended with regular cups of rosemary tea.

For its health benefits you should aim to have 1-4 grams of dried herb daily, in teas.

## Is there anything to watch out for?

Rosemary is a safe kitchen herb and no safety problems are expected. Avoid high doses if pregnant.

For much more information read about rosemary on [HerbalReality.com](http://HerbalReality.com)

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## A Rosemary Recipe

**Rosemary potatoes:** a great way to lift a simple dish.

1. Preheat your oven to 400°F (200°C), gas mark 6.
2. Scrub and chop the potatoes you need into chunks.
3. Toss in a bowl with a little olive oil, a little sea salt, pepper and generous amounts of chopped rosemary. You can add other herbs like sage and thyme if you like, and for a special kick some minced garlic.
4. Transfer to a baking tray and place in the oven for 30 minutes or until a lovely golden brown.



The College of Medicine is grateful for the support of Pukka Herbs in creating Healing Gardens at health centres, schools and other locations.