



# ROSEMARY

*Salvia rosmarinus* (SAL-vee-uh rose-ma-REE-nus)

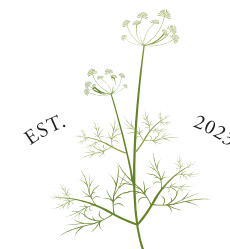
PERENNIAL | LAMIACEAE FAMILY

ZONES: 8-10

EXPOSURE: FULL SUN

MATURE HEIGHT: 4-5 FT | SPREAD 3-4 FT

BLOOM: BLUE/PURPLE | SPRING-SUMMER



HERB & VINE

— healing plants —



Medicinal



Culinary



Pollinators



Aroma



Container



Cut



Resistant

The intensely fragrant foliage of this shrub is harvested for a variety of uses including cooking, essential oil, tinctures and infusions.

- Culinary: used to flavor bread, butter, stuffing, vegetables, stew, and meat dishes.
- Therapeutic\*: whole plant is antiseptic, antispasmodic, aromatic, astringent, cardiac, carminative, cholagogue, diaphoretic, emmenagogue, nervine, stimulant, stomachic and tonic.
- Harvest leaves in spring and summer to use dried or fresh.
- Can repel insects from neighbouring plants; sachets of the leaves can be placed in closets to keep moths away.

Caution: do not use medicinally if pregnant.



*\*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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