

Common Rosemary

Rosmarinus officinalis



It is a common shrub in the Mediterranean.

Branched shrub, perennial with woody stems, small and thin leaves, opposite and lanceolate.

The underside of the leaves is green-gray color while the top is bright green. The flowers are blue or whitish color. It blooms almost all year and does not require special care in the gardens.

The whole plant gives off a strong and pleasant aroma.

The flower is much appreciated by bees, producing a honey of extreme good quality.

More information:

https://www.amu.bio/_common_rosemary

Cultivation

Because of its aesthetic appeal and drought tolerance, it is used in landscape architecture, especially in areas with a Mediterranean climate. It is considered easy to grow for beginner gardeners, it is not easily affected by pests.

The rosemary can be pruned in different ways. When grown in vases should be maintained pruned to avoid excessive growth and loss of leaves in its interior and lower branches, which could make it a bush formless and unruly. When grown in the garden, rosemary can grow to a considerable size and continue to be an attractive plant.

It should be planted in the spring or summer, the ideal through seedlings, but can be planted by sowing, in which case the plant takes a long time to develop. It should be slightly irrigate only when the soil is dry within 2 cm depth.

History

Because of its characteristic aroma, the Romans called it as Rosmarinus, which in Latin

means dew of the sea.

It is used in cooking for over 2500 years.

Utilization

Plant used in culinary, medicinal and religious purposes, and its essence is also used in perfumery, such as in the production of eau de cologne, it contains tannin, essential oil, pinene, camphor and other active ingredients that give exciting, tonic and stimulant properties.

For culinary purposes, it is used fresh or dry. It is appreciated in the preparation of poultry, pork, sausages and baked potatoes. In Italy it is used on lamb roasts, lamb and veal.

In barbecues, it is recommended to spread a handful on the embers of burning coal, perfuming the meat and spread a pleasant odor in the environment. It may be used in soups and sauces.