

Creeping Rosemary

Rosmarinus officinalis Prostratus



It is the Lamiaceae family.

The creeping rosemary is typically less than 60 cm, but spreads up to 2 meters horizontally.

Its foliage is dark green and has a blue flower from spring to autumn.

More info:

https://www.amu.bio/_creeping_rosemary

Cultivation

Ideal for rock gardens. It can also be grown in planters and hanging vases.

Its spread easily through cuttings.

It is recommended to plant it in the substrate with 3 pieces of land, 2 sand and 1 organic fertilizer.

Needs full sun and little water, it is only necessary to irrigate when the soil is dry, it is an undemanding plant.

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

It has the same properties of the common rosemary, differing only in the way it grows: horizontally.

It is therefore as the common rosemary, a plant used in culinary, medicinal or religious purposes, and its essence is also used in perfumery, such as in the production of eau de cologne, it contains tannin, essential oils, pinene, camphor and other active ingredients that gives it exciting, tonic and stimulant properties.

It is used in cooking, in poultry, pork, lamb, sausages and baked potatoes.