

# HERBALPEDIA

## ROSEMARY



### *Rosmarinus officinalis*

[rose-ma-REE-nus oh-fiss-ih-NAH-liss]

**FAMILY:** Labiatae

**NAMES:** Dew of the Sea; Old Man; Incensier; Sea Dew; Ros Maris; Rosmarine; Rosemarie; Guardrobe; Rosmarin (German); romarin (French); rosmarino (Italian); romero (Mexico); Rozmaryn lekarski (Polish)

**DESCRIPTION:** Tall, stout shrub; height 4-6 feet; width: 4 feet; Flowers: pale blue, sometimes pink or white. Leaves: long, narrow, leathery, folded into themselves, deep green on top and white and slightly fuzzy underneath. Native to the Mediterranean,

Portugal and Spain and brought to Britain with the Roman armies.

**CULTIVATION:** Perennial in zones 6-8 depending on the variety. Germination: 15-20 days; space 2-3 feet; soil temperature 55-77F. Soil should be well drained, fairly dry with a pH of 5-8 in full sun. Drip irrigation commercially is ideal. Weed intensely when young. There should be good air circulation. If it is located in a stuffy corner, insider or out, it begins to lose its leaves and soon develops a mildew-like fungus that eventually kills it. Propagate by seed, cuttings or layering. Avoid peat pots, which are too acid. Mulch in the winter if the ground freezes and temperatures dip below 20F. Cuttings of 4-6 inches should be taken in early summer from a ripe, flower-free shoot; remove the lower leaves and place the cutting in water or dip in hormone rooting powder and plant in a rooting compound such as vermiculite until the roots have formed. Occasional sprayings of foliage with seaweed and occasional light feedings of fish emulsion; mulch well when in danger of frost. Some spider mite or small webworm damage during periods of high heat and humidity. Biggest cause of death is overwatering.

With adequate light and drainage, can be grown inside and can easily be cultivated as a topiary. Once a cutting has formed a good ball of root, pot it in a mixture of sand and potting compost, taking care in handling the delicate roots and retaining as much rooting compound as possible. Allow it to become slightly pot-bound at this stage, which will encourage flowering, but do not overdo it. If the plant becomes too pot-bound, remove the top growth to ease the strain on the root system. To bring the plant inside in the winter, there are two opinions. One is to keep your rosemary in a pot and plant it, pot and all, in the garden with the rim below the soil line. This prevents

damaging the roots when you bring it in. But Cyrus Hyde of Well Sweep Herb Farm recommends planting it outside without the pot, digging it up about 2-3 weeks before bringing it inside and put it in the pot until it's time to bring it in.

To harvest pick small amounts all year round commercially beginning in the second year. Gather main leaf crop before flowering. Avoid cutting into woody parts as this will hinder development of the plant. First cutting is usually in late spring. For essential oil production the plant is picked when in flower. Commercial production best in zones 9 and 8 with yields as high as 1,500 pounds per acre of dry herb per year in good situations. Dry sprigs and branches, usually in 4-7 days as the water content is about 60%. If shipping fresh harvest after moisture from the dew is gone or the night before. Strip off leaves before storing. To release the aroma, crush leaves only just before use. Commercial rosemary fields are trimmed on a continuous basis for fresh herbs.

There are many varieties both prostrate and upright, blue, pink and white flowers and some more hardy than others: Arp and Hill Hardy.

**CONSTITUENTS:** essential oils include cineole, borneol, camphene, camphor, linalool, verbenol; flavonoids (diosmin, apigenin, diosmetin, luteolin), rosmarinic acids, tannins, diterpenes (picrosalvin), rosmarinic, bornylacetat, dipenten, eucalyptol, D-a-pinen, camphor, L-a-thujon

**CHARACTER:** warming, dry, pungent, bitter

**ACTIONS:** astringent, tonic, anti-inflammatory, digestive remedy, nervine, carminative, antiseptic, diuretic, promote sweating, promote bile flow, antidepressant, circulatory stimulant, antispasmodic, restorative tonic for nervous system, cardiac tonic

**NUTRITIONAL PROFILE:** One teaspoon dried rosemary has 4 calories. It provides 0.1 g

protein, 0.2 g fat, 0.8 g carbohydrates, 15 mg calcium, 0.4 mg iron, 0.8 mg vitamin C and 38 IU vitamin A.

**LANGUAGE OF FLOWERS:** You ever revive

**HISTORY:** The name comes from the Latin *ros maris* or "dew of the sea" where it is native. It was later called Rose of Mary or rosemary in honor of the Virgin Mary because this was thought to be the bush that sheltered the Holy Family on their flight to Egypt. As she spread her cloak over the herb, the white flowers turned blue. Another story is that during the flight of the Holy Family the bushes through which they passed crackled, increasing the danger of detection, while only the rosemary stretched out its branches in silence. Another legend held that when Mary hung the Child's clothing on a rosemary bush, she found that she had hung them on a sunbeam and thereafter rosemary was endowed with magical powers. It is also said that the bush never grows higher than Christ stood and that it only lives for 33 years. Another story of rosemary is that a beautiful young woman from Sicily was changed into a rosemary bush. At the time of this transformation, Sicily was under the domination of Circe, who caused violent volcanoes to erupt and plants to wither and die. She also enchanted the inhabitants so that they would throw themselves into the sea. The blue-eyed woman who had become rosemary held to the cliffs to remind men of the ever-renewing power of good in the world.

The ancients said that it strengthens memory and even in Shakespeare's Hamlet, Ophelia says "There's rosemary, that's for remembrance, pray you love, remember." To encourage couples to remember their wedding vows, it was entwined into the bride's head wreath and, tied with ribbons, was presented to wedding guests. It was added to wine and used to toast the bride's special wishes. Someone could be made to fall in love merely by being tapped on the finger with a sprig of rosemary. And a man indifferent to rosemary's perfume

was said to be incapable of giving true love to a woman.

It has also become a funeral flower because it symbolized the memories of loved ones. It has been placed in tombs to remember the dead as far back as ancient Egypt and was used to embalm them. . During Medieval times, rosemary was believed to grow only in the gardens of the righteous. In Australia today, a sprig is worn on Anzac Day in memory of the dead. Students taking examinations would massage rosemary oil into the forehead and temples. Rosemary was burned for church incense and, until recently, purified the air in French hospitals. Its Old French name was *incensier* 16<sup>th</sup> century Europeans carried it in pouches and in the heads of walking sticks to ward off the plague and judges placed it on their benches to protect them from typhoid.

In Belgium, children were told that babies come from rosemary plants. In Cicely, children are told that young fairies in the form of snakes lie in the branches of rosemary bushes. In Poland newly engaged men would wear a branch of rosemary tucked behind a green ribbon wound around their hats on the left side. On the day of the wedding the groomsmen would wear rosemary in their hats and the groom had a boutonniere made of rosemary with a white ribbon the left side of his chest.

**MEDICINAL USE** Studies show rosemary leaves increase circulation, reduce headaches and fight bacterial and fungal infections. It is considered one of the strongest natural antioxidants. The flavonoid diosmin strengthens fragile blood vessels, possibly even more effectively than rutin. German pharmacies sell rosemary ointment to rub on nerve and rheumatic pains and for heart problems. A traditional European treatment for those suffering from poor circulation due to illness or lack of exercise is to drink rosemary extracted into white wine.

Rosemary contains many compounds that are reported to prevent the breakdown of acetylcholine in the brain, usually a symptom

of Alzheimer's disease. Several if not all can be absorbed through the skin, and some probably cross the blood-brain barrier so using a using a final rinse of vinegar with rosemary essential oil added may be beneficial in prevention. Of these antioxidants, at least four are known cataract fighters and Japanese researchers find it promising for removing wrinkles.

Rosemary is recommended for flatulence, heartburn and as a digestive. It improves food absorption by stimulating digestion and the liver, intestinal tract and gallbladder. It is also used to inhibit kidney- and bladder-stone formation. Studies on rosemary conducted in Paraguay show that it almost completely inhibits the enzyme urease which contributes to kidney stone formation. It makes an antiseptic gargle for sore throats, gum problems and canker sores. Researchers speculate that rosmarinic acid might even be a good treatment for septic shock. In addition, it inhibited, although didn't destroy, 87% of the cancer cells tested in a laboratory study. Asthma sufferers used to smoke it with coltsfoot and eat bread that had been baked over rosemary wood.

Research has shown that rosmarinic acid is a stimulant and mild analgesic. The oil content varies within the plant. It is analgesic and stimulant, especially when applied to the skin. Rosemary's anti-inflammatory effect is due mainly to rosmarinic acid and flavonoids.

As a warming herb, it stimulates circulation of blood to the head, improving concentration and memory. It also eases headaches and migraine, and encourages hair growth by improving blood flow to the scalp. It has been used to treat epilepsy and vertigo. It aids recovery from long-term stress and chronic illness. It is thought to stimulate the adrenal glands and is used specifically for debility, especially when accompanied by poor circulation and digestion.

#### APPLICATIONS:

Take the hot infusion for colds, influenza, rheumatic pains and indigestion; also as a stimulating drink for fatigue or headaches.

Take the tincture as a stimulant tonic. Combine with oats, skullcap, kola or vervain for depression

Soap a pad in the hot infusion and use for sprains. Alternate two to three minutes of the hot compress with two to three minutes of applying an ice pack to the injury.

For capillary fragility and varicose veins, it combines well with horse chestnut, yarrow, hawthorn and ginkgo.

Homeopathic Use: For conditions of premature menstruation, violent pains followed by uterine hemorrhage, a feeling of heaviness and drowsiness in the head, chills, icy coldness in the lower extremities, and thirstlessness followed by heat.

**FLOWER ESSENCE:** Is a strong awakening and incarnating remedy. It is indicated for those souls whose incarnation is weak or disturbed, especially when the higher spiritual or thought faculties cannot work properly through the physical vehicle. Rosemary gives such persons the ability to feel warm and secure in their physical bodies.

**Toxicity:** Prolonged handling of fresh rosemary plants or using cosmetics scented with rosemary oil may cause contact dermatitis in sensitive people. Use sparingly if pregnant and not at all during first trimester because it could trigger a miscarriage (in therapeutic doses). (Mixed info on the possibility of rosemary as an abortifacient....Review of Natural Products says no valid role)

#### **AROMATHERAPY USE:**

**EXTRACTION:** Extracted by steam distillation of the flowering plant. Liquid is clear to light yellow. Fragrance is camphor-like, strong, woody. About 66 pounds of the flowering plant yields 1 pound of essential oil. Because of their slightly different components, the oil from France is more effective for the liver, and the oil from Spain more effective for the heart

**MIXES WELL WITH:** mint, bergamot, basil, Swiss pine, lemon, juniper, cedar; frankincense, geranium, ginger, grapefruit, lemongrass, lime,

mandarin, melissa, myrtle, orange, peppermint, tangerine, elemi, petitgrain, cinnamon and other spice oils.

**CHARACTER:** yang

**DOSHA EFFECT:** K V-, P+; Taste: pungent, bitter; Energy - heating and drying

**NOTE:** middle

**EFFECTIVE FOR:** liver ailments; gallbladder inflammation; gallstones; flu; colds; asthma; rheumatism; sore muscles; relieving cramps; stimulating menstruation; raising blood pressure; lowering blood sugar; heart tonic; antiseptic; poor memory; weak ego; apathy; blemished or oily skin.

**TOXICITY OF THE OIL:** The borneol, camphor, eucalyptol and pinene in oil of rosemary can be skin irritants. Should be avoided during pregnancy (though there is no real research to substantiate this) as well as in cases of epilepsy..

**OTHER:** Rosemary oil is a psychic protector and is particularly useful to use first thing in the morning before exposing oneself to all the external influences. It is particularly relevant to the Brow Chakra. At a subtle level it is associated with qualities of clear thought and clear-sightedness and may help the development of clairvoyance.

Helpful for sagging skin and may ease congestion, puffiness and swellings

#### **BLENDS:**

*For Low Blood Pressure:* 15 drops rosemary; 10 drops lemongrass; 10 drops grapefruit. Use 1-2 drops in cold water as a sponge bath.

*For circulatory Problems:* 15 drops rosemary, 5 drops angelica, 5 drops juniper. Mix in 1 3/4 fluid ounces almond oil for massage oil or add 10 drops to bathwater.

*Hungary Water:* alcohol (150 proof) 1 quart, 1 1/2 tsp rosemary oil; 1 1/2 tsp balm oil, 1 1/2 tsp lemon oil; 1/4 tsp mint oil, 3 1/2 fluid oz rosewater. Mix the essential oil in the alcohol, add rosewater and shake well.

*For lice treatment:* 2 oz vegetable oil, 20 drops tea tree oil, 10 drops each of rosemary, lavender and lemon oil. Combine ingredients. Apply to dry hair and cover with a plastic bag

or shower cap. Wrap the head in a towel. Leave on for 1 hour. Then put shampoo on dry hair to help cut the oil. Work the shampoo into hair, rinse, shampoo again and rinse.

*Anti-inflammatory Prostate Oil:* 1/8 tsp each lavender and rosemary essential oils; 4 drops Roman chamomile essential oil (optional), 2 oz St. John's Wort oil. Combine ingredients. Rub on the skin under the scrotum once or twice a day to increase circulation, reduce inflammation and relax muscles.

*Rheumatic and muscular pains formula:* 12 drops chamomile, 12 drops juniper, 12 drops marjoram, 12 drops rosemary, 4 oz ginger tincture. Blend the essential oils with the ginger tincture. You can prepare fresh ginger tincture at home by placing one ounce of fresh or two ounces of fresh or two ounces of dried ginger into one pint of vodka or apple cider vinegar and leaving it to soak for a couple of weeks before straining it off. Remember to give it a good shake every day and make sure that the ginger is always covered by the liquid. Apply to painful areas morning and night, and more often if necessary. (Australasian College of Herbal Studies)

*Morning Revive:* 4 oz unscented shower gel, 15 drops rosemary oil, 10 drops grapefruit oil, 10 drops tangerine oil, 6 drops petigrain oil. Blend the ingredients and use externally in morning shower. (Australasian College of Herbal Studies)

#### ROSEMARY CLEANSING CREAM

Melt together 1 oz each beeswax and spermaceti and 2 oz camphor ice in a large pan partly immersed in boiling water. Stir in a cupful of almond oil, then remove the pan and slowly work in a 1/2 pint of rose water, stirring all the time. When thoroughly mixed to a creamy consistency, add a teaspoonful oil of rosemary and pour into screw-top jars.

**COSMETIC USE:** Rosemary is found in hair shampoos and conditioners to decrease dandruff and stimulate as a tonic. In earlier times, the branches were used like hairbrushes. It has flavored tooth powders and toothpastes

since medieval days. Use the leaf as a facial steam and it makes a rinse for dark hair.

#### HAIR CONDITIONER:

Take a bunch of fresh rosemary and crush or chop the leaves; add 1/2 pint boiling water and allow to stand for an hour, then strain. Use it as a final rinse after washing and towel-dry the hair.

#### ROSEMARY MILK TONIC FOR FEET

1 cup hot milk  
1/2 cup mint leaves  
6 stems and leaves of rosemary  
2 tsp peppermint extract

In a saucepan, simmer milk, mint, and rosemary over low heat for 15 minutes. Remove from heat and let cool slightly. Strain mixture through a filter, and stir in peppermint extract. Soak a clean, dry cloth with mixture and apply to feet, wrapping material around feet. Wrap in plastic if necessary. May be applied with a cotton ball instead for lighter treatment. Makes 1/2 cup, enough for 1 application.

#### PROTEIN-ENRICHED ROSEMARY SHAMPOO FOR DARK HAIR

4 Tbsp dried rosemary  
3 pints boiling water  
6 Tbsp castile soap, shredded  
1 Tbsp borax  
2 eggs.

Put the rosemary in the boiling water, stir, cover and allow to infuse for two hours. Strain and add the soap. Place on a low heat and whisk continuously until all traces of the solid soap have disappeared. Remove from the heat and blend in the borax. When completely cool, fold in the eggs and whisk until the mixture thickens. Bottle, label and leave to stand for 24 hours. Always shake the bottle before use. Refrigerate.

Samia and Fatima's Diamanda Special  
(to condition or naturally tint the hair)

2 oz rosemary leaf & flower  
1 oz horsetail leaves  
1 oz chamomile flower

1 oz nettle leaf  
½ oz black walnut hulls  
½ oz clove powder  
½ oz ground coffee  
hot water sufficient to make a paste  
1 Tbsp of olive oil  
(optional 1-4 oz henna powder)

Grind the herbs to a fine powder in a blender or coffee grinder. Remove as many stems as you have the patience to sift out. Stir powders together. In a nonmetal covered container, pour the hot water on the herbs and soak, covered, for 10 minutes. Lightly shampoo hair; towel dry. Place a thin line of moisturizer around the hairline, including the tops of your ears, to avoid staining facial skin. Stir olive oil into wet herb mixture to get a smooth paste of oatmeal consistency. The mixture shouldn't run through the fingers or crumble into dry lumps. Add spoonfuls of water or oil to get the right consistency. If it gets too wet, add more powdered dry herbs. Divide clean, damp hair into sections and apply this herb goo, massaging it into the scalp. When hair is covered with an even thickness, roots to ends, swish a few spoonfuls of warm water in the henna bowl to make a little herb-flecked "tea" to pat on or pour over the mud pack on your head. Use a damp wash cloth frequently to wipe any drips from your neck and face. Cover your hair with an old towel or shower cap. The herb mixture shouldn't get dry over the next 15-90 minutes, so keep the scalp wet—if necessary, by covering the hair first with a shower cap or plastic bag or by periodically changing to a new hot, wet towel. After 15 minutes, rinse out a test strand. The longer the time, the deeper the color and/or conditioning. After 1-2 hours or when you've had enough remove the towel/cap and get in the shower. Rinse out the herbs with plain water before using diluted mild shampoo. You may need to wash your hair several times. Repeat once ever 6-12 weeks as desired. (The Herbal Menopause Book)

#### Rosemary-Wheat Germ Body Toner

½ cup water  
2 Tbsp chopped sage leaves

2 Tbsp chopped rosemary leaves  
¼ cup wheat germ  
½ cucumber (do not peel)  
¼ russet potato  
1 Tbsp alfalfa sprouts  
1 tsp lemon extract

Bring water, sage, and rosemary to a light boil; reduce heat and simmer infusion for 1/2 hour. Let cool and, in a blender, mix infusion with remaining ingredients together on medium speed for 1 minute, or until pureed. Filter solution through a paper towel or coffee filter, discarding solids. Put liquid into a small cosmetic bottle and apply to face, gently wiping with a cotton ball. Let toner absorb into skin and follow with a moisturizer. Use daily. Makes 1 cup. Cover and refrigerate. Discard after 2 days.

**RITUAL USE:** Gender: Hot; Planet: Sun; Element: Fire; Basic Powers: Purification, Love, Intellectual; Protection. Add to all purification bath sachets, love incenses, exorcism mixtures and protection incenses. Wear a chaplet of rosemary to aid the memory. Hung up it wards off thieves. It has connections with the sea and so is used in all sea-rituals. Make a simple of rosemary and use it to cleanse the hands before working magic, if you have no time for the regular ritual bath. Include a sprig in protection sachets of all kinds. It is often used to form a protection wreath. Burn rosemary and juniper as a healing and recuperation incense. It is the Flower for those born on January 17.

#### SOLAR CLEANSING BREW

2 parts fern, 2 parts juniper, 2 parts rosemary, 1 part cumin, 1 part yarrow; 1 part pepper; 1 part rue. Place the ground, mixed and empowered herbs in a red bottle half-filled with water. Set this in the sun, let steep, strain. For a gentle cleansing, sprinkle the brew around the house at sunrise for three or four days every month

#### ISIS HEALING BREW

1 part rosemary, 1 part sage, 1 part thyme, 1 part cinnamon. Half fill a blue-glass bottle

with fresh water. Add the ground, empowered herbs to it and let this sit in the sun all day. If by sunset the water has been colored by the herbs, it is ready for use. If not, store in the refrigerator overnight and steep in the sun the following day. Strain. Anoint the body or add to bath water while visualizing yourself as being in perfect health

**OTHER USES:** Boil a handful of rosemary in 2 cups of water for 10 minutes to make an antiseptic solution for washing bathroom fixtures. Shape the stems into barbecue skewers. Also used as an insect repellent especially for moths. The essential is used to perfume a variety of cosmetics, including soaps, creams, lotions, deodorants and hair tonics.

**CULINARY USE:** Rosemary's aroma combines fir, balsam and ocean air. The fragrance of the leaves has been described as like tea or like a combination of pine and nutmeg, while the flavor is somewhat peppery, warm, spicy and resinous with a hint of bitterness. The flavor has also been described as a cross between sage and lavender with a touch of ginger and camphor. Its tannin and camphor components give it a moderate bitterness and pepperiness which are especially good with foods rich in fat or with bland foods such as potatoes or legumes. Rosemary is used mostly with greens, meats and eggs and is excellent with tofu. Its bold, assertive flavor is a natural with lamb, pork and veal as well as with robust vegetables such as beets, cabbage and beans. It's excellent in stuffings for poultry and fish. Add it to bean, pea or mushroom soup and stir it into stews. Rosemary butter is excellent on new potatoes, beans, peas, spinach and zucchini. The flowers, with a milder flavor, are also added to food dishes. The flowers can be candied, preserved, or added to jellies, honey, vinegar and wine. Because of its strong flavor, rosemary should always be employed sparingly, especially if dried, in which case it should first be soaked in hot water before being added to uncooked foods.

When used in cooking, rosemary should be added to the dish at the beginning so that its full aromatic flavor can permeate the food slowly. Some cooks prefer to place the rosemary in a firmly tied muslin bag before adding it to a dish; others simply tie a bunch of rosemary together and add it as it is. Oil of rosemary is used to flavor candies, baked goods and liqueurs

Rutgers University in NJ has found that a dilution of .02% is a more powerful food preservative and antioxidant and is less toxic than the chemicals BHA and BHT. It has been patented as *rosmaridiphenol*

Rosemary was an essential part of the "ale grout", a brewer's bouquet of herbs used to flavor ale in Europe before the introduction of hops. If making beer, use 1 ½ oz of fresh leaves late in the boil for flavor and aroma. Or use for dry hopping in fermenter to add a stronger piney scent to your beer.

#### **RECIPES:**

##### **Roasted Italian Pepper Tomatoes**

2 Tbsp fresh basil, finely chopped  
2 Tbsp Italian parsley, finely chopped  
1 Tbsp oregano flowers, chopped  
1 Tbsp rosemary flowers, chopped  
2 shallots, finely minced  
2 cloves garlic, minced  
1/3 cup extra virgin olive oil  
6 Italian pepper tomatoes  
salt and pepper  
2 Tbsp olive oil

Preheat oven to 350F. Mix together basil, parsley, oregano flowers, rosemary flowers, shallots, garlic and 1/3 cup olive oil. Set aside for 1 hour to allow the flavors to meld. Meanwhile, slice tomatoes in half. Toss tomatoes with 2 tablespoons olive oil to coat. Sprinkle with salt and pepper. Place tomatoes, cut side down, in a shallow baking pan. Roast for 30 minutes. Flip tomatoes over carefully. Spoon herb mixture evenly over tomatoes and roast 30 minutes more. Serve tomatoes garnished with oregano and rosemary flowers. (Edible Flowers from Garden to Palette)

### **Fresh Berry and Rosemary Fool**

1 cup whipping cream

2-3 Tbsp vanilla sugar

1 cup raspberries

1 cup blueberries

about 2 Tbsp rosemary flowers.

Begin to whip the cream; when the cream begins to thicken, whisk in the sugar and most of the rosemary flowers. (Reserve enough flowers to scatter a few over each serving.) Continue whipping the cream until it is soft and fluffy, but not quite stiff. Fold in the berries and chill for 30 minutes before serving. Serve the fool in elegant glasses garnished with the reserved flowers. A piece of light sponge cake or a lady finger is a nice accompaniment. (Flowers in the Kitchen)

### **Rosemary-Tangerine Liqueur**

1 cup sugar

2 cups water

¾ cup fresh rosemary leaves, loosely packed

2 tsp tangerine zest

1 cup 80-proof vodka

½ cup brandy

Bring sugar and water to a boil over medium-high heat, stirring constantly to prevent scorching. Add rosemary leaves and boil for 5 minutes, stirring frequently. Use a fine-mesh strainer to strain out leaves. Discard. Transfer liquid to a clean 1-quart container with a tight-fitting lid. Add tangerine zest and let cool for 15 minutes. Add vodka and brandy. Cover and let stand in a cool, dark place for 1 month. Rack or filter liqueur into final container, cover, and age for 1 month before serving. Can be used also as a marinade, in vinaigrettes or as an addition to iced tea. (Cordials from your Kitchen)

### **Rosemary Lamb Stew**

2 lbs boneless lamb for stew

1 Tbsp corn oil

2 cloves of garlic, sliced

1 large onion, coarsely chopped

1 cup dry vermouth

6 slices of lemon cut in quarters

4 medium potatoes, cut in quarters

4 medium carrots, cut diagonally in 1/2-inch slices

1 large onion, coarsely chopped

½ tsp dried rosemary, crumbled or 1 tsp minced fresh

½ tsp rubbed dried sage

½ tsp dried thyme

½ tsp freshly ground pepper

¼ cup minced fresh parsley

Heat oil in heavy pan or Dutch oven, add meat, and cook over medium-high heat until brown. Add garlic and 1 onion and cook until translucent. Add vermouth, reduce heat, and scrape the bottom of the pan to loosen all the good brown stuff. Add lemon. Cover and bake in a 325F oven for 45 minutes. Add vegetables, including the remaining onion, and cook 30 minutes. Add rosemary, sage, thyme and pepper and bake an additional 15 or 20 minutes or until vegetables are tender. Serve with tasted French bread, brushed with garlic and olive oil. (Sage Cottage Herb Garden Cookbook)

### **Rosemary Potatoes with Cheese**

8 medium potatoes, peeled

1/3 cup plus 1 Tbsp butter

1 cup minced onions

1½ cups grated onions

1½ cups grated Cheddar cheese

¾ cup hot milk

salt and freshly ground black pepper

1 tsp chopped fresh rosemary or ½ tsp dried rosemary

2 eggs, well beaten

Preheat oven to moderate 375F. Peel the potatoes and cook them in boiling salted water to cover. Drain and mash them. Melt one Tbsp of the butter and add the onions. Cook, stirring until onions are translucent. Combine the mashed potatoes, onions, remaining butter, the cheese, milk, salt and pepper to taste and rosemary. Fold in the beaten eggs and pour the mixture into a lightly buttered casserole. Bake for 45 minutes, until puffy and brown. Serve immediately. (The New York Times Menu Cookbook)



### **Smelt Grilled with Rosemary**

1 lb smelt, cleaned  
4 tsp extra-virgin olive oil  
1 tsp salt  
1tsp freshly ground black pepper  
12 fresh rosemary sprigs  
1 lemon, cut into 4 wedges

Prepare a fire in a charcoal grill. Divide the smelt into 4 equal portions. Place each portion in the center of a 10-inch square of aluminum foil, arranging the fish in a single layer. Drizzle each portion with 1 teaspoon of the olive oil, sprinkle evenly with the salt and pepper, and lay 3 rosemary sprigs atop each serving of fish. Fold up the edges, creating 4 shallow pans with 1-inch rims. Place the pans on the grill rack and grill until the fish are opaque throughout, 7-10 minutes. Slip the fish onto individual plates and garnish with the lemon wedges. Serve at once. (Herbs de Provence)

### **Rosemary Pesto Confit for Pasta**

2 Tbsp butter  
2 Tbsp virgin olive oil  
3 cups very thinly sliced onions  
salt and freshly ground pepper  
1/8 tsp sugar  
1-2 Tbsp full-bodied red wine  
½ lb cob-smoked ham, sliced ½ inch thick  
about 1½ Tbsp Rosemary Pesto  
salt and freshly ground pepper

Heat the butter and 1 tablespoon of the oil in a large sauté pan. Add the onions, salt and pepper. Sauté very slowly, stirring frequently for 10 minutes. Do not brown. Add the sugar and red wine. Continue sautéing very slowly until the onions are a little caramelized, about 20 minutes. Remove the onions from the pan with a slotted spoon. The onion confit may be prepared at any time. It will keep for about a week in the refrigerator. To complete this dish, heat the remaining 1 tablespoon oil and sauté the ham over a high heat until lightly browned. Return the onions to the pan and heat briefly. Add the pesto, salt, pepper to taste. Serve over hot pasta.

### **Rosemary Pesto**

1/3 cup fresh rosemary leaves  
1½ cup fresh parsley leaves  
2 large garlic cloves  
½ cup freshly grated Parmesan cheese  
½ cup walnuts  
½ cup olive oil  
salt and freshly ground pepper

Combine the rosemary, parsley, garlic, cheese, and walnuts in a food processor or blender. Process to mix. With the machine running, slowly add the olive oil. Season to taste with salt and freshly ground pepper and process to the desired consistency. Let stand 5 minutes before serving. Use this pesto as a sauce or marinade base for vegetables, seafood and lamb. (Pestos! Cooking with Herb Pastes)

### **Rosemary Walnuts**

2 cups blanched, toasted English walnut halves  
3 Tbsp extra virgin olive oil  
2 tsp dried rosemary, slightly crushed  
½ to 1 tsp sea salt (or to taste)  
½ tsp ground red pepper

Drop shelled walnuts into boiling water. Cook 2 minutes after water returns to a boil. Drain nuts in a colander. Rinse well with cold water. Spread nuts on paper towels. Let dry. Spread dried nuts on a baking sheet and toast in a 350F oven for 10-12 minutes, stirring once or twice. Line a large baking sheet with foil. Gently heat olive oil, rosemary, salt and red pepper in a small pan, stirring to mix well. Spread nuts on the baking sheet. Pour the oil mixture over them and stir gently to coat all the nuts evenly. Toast in a 350F oven for 10-15 minutes, stirring once or twice. Cool. Best if served slightly warm. Can be refrigerated and retreated in a 350F for about 5 minutes. Also can be added to salads. (It's About Thyme)

### **Focaccia with Rosemary**

2 envelopes active dry yeast  
1 tsp sugar  
1¾ cups warm water  
2/3 cup olive oil  
1½ tsp salt  
4-5 cups unbleached all-purpose flour  
2 tsp dried hot red pepper flakes

Toppings:

2 tomatoes, sliced paper-thin

2 onions, sliced paper-thin

12 sun dried tomatoes, preserved in rosemary oil, cut into chunks

very small sprigs of fresh rosemary

coarse salt

Dissolve yeast and sugar in 1 cup lukewarm water. Let sit until foamy. In another bowl, combine remaining 3/4 cup water, 1/3 cup olive oil, and salt. Pour in yeast mixture. Blend in flour, 1 cup at a time, until dough comes together. Knead on a floured board for 10 minutes, adding flour as needed to make dough smooth and elastic.

Place dough in an oiled bowl, turn to coat well, cover with a cloth, and let rise in a warm, draft-free place for 1 hour, or until doubled in bulk.

In a small saucepan, heat remaining oil until very hot but not smoking. Add chili flakes and remove from heat. Let stand until cool. Punch down dough and knead again on a floured board for about 5 minutes. Preheat oven to 400F. Divide dough in half and roll out on a floured board into two 8-inch squares about 1/2 inch thick. Place on a baking sheet and brush with prepared chili oil. Press toppings into the dough. Sprinkle with coarse salt. Bake until golden brown, about 20 minutes. Cut into squares and serve warm. (Kitchen Herbs)

### **Rosemary Punch**

1 large can pineapple juice

5 tsp fresh rosemary

1 1/2 cups lemon juice

2 cups water

fresh lemon slices and rosemary sprigs

1 large bottle ginger ale

Boil 1 cup of pineapple juice with the rosemary. Remove from heat and let stand 5 minutes, then strain and cool. Add all other ingredients except the ginger ale. Pour into a punch bowl over ice and add ginger ale just before serving. Float lemon slices and rosemary sprigs in a bunch bowl.

### **Blueberry and Rosemary Cake**

6 oz plain flour, sifted

pinch of salt

3 oz fine polenta

1 tsp baking powder

4 oz golden caster sugar

grated zest of 1 small orange

4 oz unsalted butter, cubed

1 large egg

1 Tbsp rosemary flavored olive oil

FILLING

12 oz blueberries

1 oz demerara sugar

2 tsp polenta

TOPPING

1 heaped tsp very finely chopped young rosemary leaves

1 level Tbsp demerara sugar

Place the flour, salt, polenta, baking powder and golden caster sugar in a food processor with the orange zest. Process briefly, then add the butter and process until it resembles breadcrumbs. Mix the egg and oil and add through the feeder tube. Preheat the oven to 350F. Press half the dough into a deep, buttered, 9 inch tart or cake tin, leveling off with the back of a spoon. Mix the filling ingredients together and pile on to the base, taking care to leave about 1/2 inch around the edge. Sprinkle over the remaining dough as if it were a crumble mixture. Mix the topping ingredients together and sprinkle over the top. Bake in the oven for about 50 minutes, until golden brown. Allow to cool for at least 20 minutes, before serving warm with sweetened cream or Mascarpone cheese. Freezes well. (Feasting on Herbs)

### **Rosemary Pound Cake**

1 cup butter, softened

1 cup sugar

1/4 cup honey

5 eggs

2 cups sifted flour

1 tsp baking powder

1 Tbsp snipped, fresh rosemary or 1 tsp crushed, dried rosemary

1 1/2 tsp orange flower water

1 1/4 tsp finely shredded orange peel

1½ tsp orange juice  
1 recipe orange juice glaze  
sprigs fresh rosemary

In a medium mixing bowl, beat butter and sugar with an electric mixer on medium speed for 6 minutes or until light and creamy. Beat in honey. Add eggs, one at a time, beating for 1 minute after each addition. (Batter may look slightly curdled.) In separate bowl, stir together flour and baking powder. Gradually add the flour mixture to the sugar mixture, beating on low speed just until blended. Gently stir in the rosemary, orange water, peel and orange juice. Pour into two greased and floured 8x4x2" loaf pans. Bake at 325F for 45 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes, and remove and cool on wire rack. Drizzle with orange juice glaze and top with rosemary sprigs.

#### ORANGE JUICE GLAZE

Stir together 2/3 cup sifted powdered sugar and 2 teaspoons orange juice.  
(The Herbal Connection Collection)

#### Rosemary Spice Cake

1 cup water  
1 small zucchini, grated  
1 large sweet apple, peeled, cored, and cut into a ½ inch dice  
1 cup sugar  
7 Tbsp margarine  
1 Tbsp minced fresh rosemary  
½ tsp salt  
½ tsp freshly grated nutmeg  
¼ tsp ground cloves  
2 cups all-purpose flour  
1 tsp baking powder  
1 tsp baking soda

Preheat an oven to 325F. Grease a 9-inch round or square cake pan. In a saucepan, combine the water, zucchini, apple, sugar, margarine, rosemary, salt, nutmeg and cloves. Bring to a boil over medium heat, stirring occasionally. Meanwhile, in a large bowl, sift together the flour, baking powder, and baking soda. Gently stir the cooled zucchini mixture into the flour mixture just until mixed. Pour into the prepared cake pan. Bake until a knife

inserted into the center comes out clean, 35-40 minutes. Transfer to a rack to cool, then turn out onto a serving plate or serve directly from the pan. (Herbes de Provence)

#### Baby Routh's Rosemary Muffins with Goat Cheese

¾ cup milk  
¾ cup golden raisins  
1 Tbsp chopped fresh rosemary leaves  
¼ cup unsalted butter  
1½ cups all purpose flour  
½ cup sugar  
2 tsp baking powder  
¼ tsp salt  
1 large egg  
8 Tbsp goat cheese

Simmer milk, raisins and rosemary in a small saucepan for 2 minutes. Remove from heat; add butter and stir until melted. Let cool. Mix dry ingredients in a large bowl. Beat egg into cooked milk mixture. Add to dry ingredients and mix lightly just until dry ingredients are moistened. Spoon 1/3 of the batter into 12 greased muffin cups. Place 2 tsp of goat cheese in center of batter in each cup. Cover cheese with remaining batter, divided among each of the muffins. Bake approximately 20 minutes in a preheated 350F oven, or until brown and springy in the center. Serve muffins hot or cool. If desired, a ¾ inch cube of cream cheese may be substituted for goat cheese. (The Herb Garden Cookbook)

#### Mulled Rosemary Wine and Black Tea

1 bottle claret or other full-bodied red wine  
1 quart black tea, preferably Assam or Darjeeling  
¼ cup mild honey  
1/3 cup sugar (castor sugar)  
2 oranges, sliced thin and seeded  
2 3-inch cinnamon sticks  
6 whole cloves  
3 rosemary sprigs

Mix the wine and the tea together in a noncorrodible saucepan. Add the honey, sugar, oranges, spices, and rosemary. Heat over low heat until barely steaming. Stir until the honey is dissolved. Remove the pan from the heat,

cover, and let stand for at least 40 minutes. When ready to serve, heat to just steaming and serve hot. (Herbs in the Kitchen)

### **Asian Pear Sorbet with Rosemary**

#### **Poaching Liquid**

4-5 Asian pears peeled, cored and coarsely chopped (4 cups)

1 tsp fresh lemon juice

1 egg white

mint sprigs or sweet cicely feathers, for garnish

In a saucepan combine Poaching Liquid and pears. Cover and cook over medium heat until pears are soft (15-25 minutes). Using a slotted spoon transfer pears to a shallow metal dish. Strain liquid, cover and refrigerate. Place pears in freezer until frozen almost solid (3-4 hours). In a food processor fitted with metal blade or a blender, combine frozen pears and lemon juice and purée. Add reserved liquid, blend well, and return to dish. Place in freezer and freeze, stirring with fork several times, until solid (3-4 hours). Beat egg white just until soft peaks form. Return pear purée to food processor and blend until smooth. Transfer to mixing bowl. Fold in egg white, spoon mixture into freezer container, and refreeze until solid (3-4 hours) or up to 3 days. Just before serving, return to processor and blend until smooth (3-4 seconds). Spoon into glasses or bowls and garnish each serving with mint or sweet cicely.

#### **POACHING LIQUID**

1 cup Chardonnay

2/3 cup water

1/2 cup sugar

2 slices lemon or 4 slices ginger

4 whole cloves

4 coriander seeds, lightly crushed

1 cinnamon stick broken in to 3-4 pieces (3")

3 sprigs of rosemary

In a large, nonreactive saucepan over medium-high heat, combine all ingredients and bring to a boil, stirring to dissolve sugar. Reduce heat and simmer, stirring occasionally, 10 minutes. Let cool, cover and refrigerate up to 1 week. Makes about 1 2/3 cups.

(Cooking From the Gourmet's Garden)

### **Cream of Carrot Soup**

4 Tbsp unsalted butter

1 large onion, preferably Spanish or Vidalia chopped

12 carrots, sliced

1 potato, peeled and diced

4 cups chicken stock

2 Tbsp minced fresh ginger

2 tsp minced fresh rosemary

1/2 cup heavy cream

Salt and pepper

Additional rosemary sprigs for garnish

Melt the butter in a heavy pot over low heat. Add the onion and let it cook slowly, covered, until it is soft but not browned, about 30 minutes. Add the carrots and potato, chicken stock, ginger, and rosemary; cook until the carrots and potatoes are soft, about 30 minutes longer. Mash with potato masher or purée in a food processor. Stir in the cream and season to taste with salt and pepper. Garnish with rosemary, if desired.

### **Rosemary Garlic Stir-Fry**

2 whole boneless, skinless chicken breasts, cut into bite-sized strips

1 Tbsp olive oil

5 or more cloves garlic, minced

2 tsp chopped fresh rosemary (2/3 tsp dried)

3 cups chopped fresh vegetables (broccoli, cauliflower, zucchini, summer squash, onions, mushrooms, carrots, green beans)

3/4 cup chicken broth

4-6 cups hot cooked rice

1/2 cup cashews

fresh rosemary sprig

In large skillet or wok, cook and stir half of the chicken in olive oil for 2 minutes, or until chicken is no longer pink. Remove from pan with slotted spoon. Repeat with remaining chicken. Remove from pan and keep warm. In skillet or wok, cook and stir garlic and rosemary over medium heat for 1 minute. Stir in vegetables and broth. Bring to boil. Reduce heat. Cover and cook mixture for 3 minutes. Return chicken to the skillet or wok. Toss to coat. Heat. Serve over hot cooked rice.

Sprinkle with cashews. Garnish with a sprig of fresh rosemary. (Favorite Recipes with Herbs)

### **Rosemary Cookies**

1 cup butter  
1 cup oil  
1 cup sugar  
1 cup confectioner's sugar  
2 eggs  
1 tsp vanilla  
1 tsp baking soda  
1 tsp cream of tartar  
4 cups flour  
2 Tbsp chopped fresh rosemary or 2 tsp dried

Combine all ingredients, except rosemary, in mixer bowl. Mix thoroughly. You may need to add a little more flour if dough appears sticky—add a tablespoon at a time. Add rosemary and gently mix into the batter. Form into small balls and place on an ungreased cookie sheet. Flatten with the bottom of a glass dipped in sugar. Bake at 375F. Check after 6 minutes. Turn pan and bake another 2-4 minutes until cookies are pale golden brown and firm to the touch. Baking time depends on how large you form the cookies. (It's About Thyme)

### **Rosemary and Black Peppercorn Rosé Marinade**

½ cup rosemary and black peppercorn rosé  
½ cup olive oil  
1 Tbsp fresh whole black peppercorns

Thoroughly blend wine and olive oil with a fork in a glass measuring cup. Stir in peppercorns. Use with pork and beef.

### **Rosemary and Black Peppercorn Rosé**

3-4 sprigs rosemary  
1 Tbsp black peppercorns  
2 cups rosé

Place rosemary and peppercorns in a 1-quart jar. Pour wine over and cover. Store in a cool, dim place for at least 2 weeks before testing flavor.

### **Rosemary Water**

Ingredients for one quart:  
One handful of Rosemary

2 tsp. nutmeg  
1 tsp. ginger  
2 cups Vodka  
2 cups cane sugar  
1 cup brown sugar  
2 cups water

Mix rosemary, nutmeg, ginger, and vodka in a stone or glass jar and store sealed in a cool, dark place for 5 to 10 days. Combine sugar and water in a saucepan and bring to a boil. Let boil for about 5 minutes and then remove from heat. Allow the mixture to cool for an hour and then pour into a clean quart bottle. Strain rosemary mixture into the quart glass, seal and let condition for at least 2 weeks. *Note: This recipe was derived from Hannah Wolley's Rosemary Water recipe*

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Australasian College of Herbal Studies, PO Box 57, Lake Oswego, OR 97034; 800-48-STUDY; email: [achs@herbed.com](mailto:achs@herbed.com) website: <http://www.herbed.com>

### **Resources:**

Companion Plants, 7247 No Coolville Ridge Rd., Athens, OH 45701; 740-592-4643; [www.companionplants.com](http://www.companionplants.com) plants

Crimson Sage, PO Box 337, Colton, OR 97017; 503-824-4721; <http://www.crimson-sage.com> Plants

The Rosemary House, 120 S Market St., Mechanicsburg, PA 17055; 717-697-5111; [www.therosemaryhouse.com](http://www.therosemaryhouse.com) tincture