

## EDIBLE GARDEN



### ROSEMARY

*Salvia rosmarinus* or *Rosmarinus officinalis* commonly known as rosemary, is a woody, aromatic perennial herb that grows well in warm and moderately dry climates. They are easy to grow as they are drought-tolerant and pest-resistant.

Their bitter, astringent flavor complements various food preparations in light amounts such as potatoes, meats, soups or in vinegars and oils. Due to the small amounts used, rosemary provides little nutritional value. Its volatile oils that gives rosemary its intense aroma, also provides anti-inflammatory, antibacterial and anti-microbial properties.