

Hoosier Botanicals™

ROSEMARY (*Rosmarinus officinalis*)

In the Kitchen...

Rosemary's strong piney flavor beautifully enhances roasted meats and vegetables. Use in stews, cream sauces, white bean dishes or marinades for lamb, pork or beef. Add entire sprig (4–6") to the dish early in the cooking. The needle-like leaves will soften and break off; remove the stem before serving. Use fresh stems as skewers for grilling vegetables or toss fresh leaves directly on to charcoal to enrich flavor and aroma of grilled food. To infuse oil with rosemary, add a fresh sprig and one garlic clove to 1 cup extra virgin olive oil in a small oven safe dish and place in a 250°F oven for up to 1 hour. Let cool and serve as a dip for crusty bread.

Roasted Root Vegetables Most root vegetables become sweeter and richer when oven-roasted with a simple marinade. Use any combination of sweet potatoes, beets, celery root, parsnips or potatoes to equal 2 lbs. Slice in ¼" rounds and toss in ¼ cup olive oil, 1 tbsp fresh chopped rosemary, 4 sprigs thyme, 5 chopped sage leaves, 6 unpeeled garlic cloves and salt and pepper to taste. Bake in a single layer on a shallow baking sheet for 20–40 minutes at 400°F. Check often and flip vegetables once.



Part used: Leaves

Condition: dried, fresh or frozen

Ethnic span: Mediterranean and European cooking

Method: Fresh leaves whole or chopped

Storage: Freeze whole sprigs in bag; dry sprigs in dehydrator; refrigerate sprigs in loose bag or packed in oil

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In the Garden...

Rosemary is a relatively large evergreen shrub, and should be transplanted where it won't shade other sun-loving herbs. It will thrive in average soil with only moderate moisture but it does like to be pruned regularly to maintain a healthy bush appearance. Although it's native to the semi-arid Mediterranean region it is hardy to 10°F. To overwinter your plant, protect surrounding soil with heavy mulch and cover plant with plastic during severe cold weather. Harvest only up to 20% of the plant at a time. Snip 4" pieces from the tips of the branches year-round. Flowers are edible and make lovely garnish.

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Mint family–Labiatae

Mediterranean origin

Perennial evergreen shrub

Full sun is best

Poor to average well-drained soil, pH 6.5–7.0 is ideal

Keep fairly dry

Grows to 3–4' by 2nd year

Space 2–3' apart

Flowers December through spring

Pale blue blossoms

Propagate by cuttings