

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Rosemary Pink

Rosmarinus officinalis 'Pink'



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A genus of one or more species of evergreen shrubs native to dry, mainly coastal areas around the Mediterranean sea. *R. officinalis* and its many variants are popular worldwide as garden and container plants. Low-growing variants make attractive specimens for pots, steep banks, or the tops of walls. *Rosmarinus* is from the Latin "dew of the sea," referring to the dew-like appearance of its pale blue flowers from the distance.

Rosemary is rich in volatile oils, and phenolic acids, which are strongly antiseptic and anti-inflammatory.

Rosmarinus officinalis 'Pink' is distinguished by its pink flowers and shorter gray-green leaves.

PARTS USED

Leaves, flowering tops, oil

PROPERTIES

An aromatic, restorative herb that relaxes spasms, relieves pain, and increases perspiration rate. It also stimulates the liver and gall bladder, improves digestion, and controls many pathogenic organisms.

USES OF THE HERB

Culinary

Fresh or dried leaves are used to flavour meat (especially lamb and kid), soups, and stews; they have a bitter, resinous taste and a tough texture, so should be used either finely chopped or in sprigs that can be removed before serving.

Medicinal

Internally for depression, apathy, nervous exhaustion, headaches and migraines, associated with nervous tension or feeling cold, poor circulation, and digestive problems associated with anxiety. Excess causes abortion in pregnant women. Externally for rheumatism, arthritis, muscular injuries.

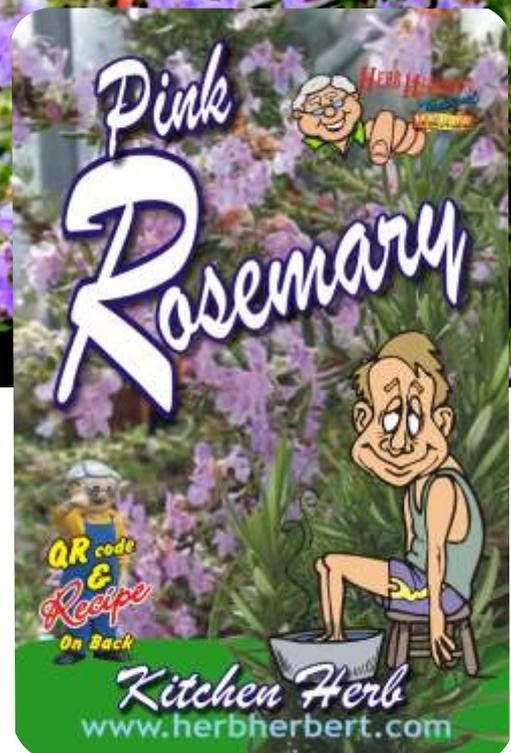
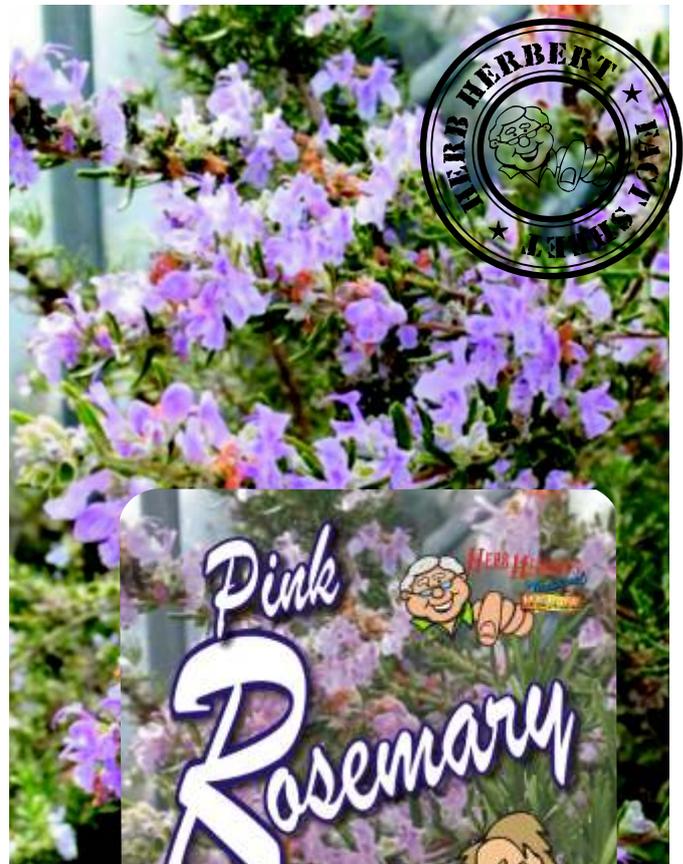
GROWTH

Well-drained neutral to alkaline soil in sun, with shelter in cold areas. Propagate by semi-ripe cuttings from spring to autumn. Prune after flowering to encourage bushy growth.

HARVEST

Leaves and flowering tops are collected in spring and early summer, and distilled for oil or dried for infusions, Decoctions, Extracts.

Height 1.2m/4ft Spread 1m/3ft



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