

Rosmarinus officinalis
Family: *Lamiaceae* - mint
Parts Used: leaves

Rosmarinus means “mist of the sea”. Isn’t that beautiful? I have loved rosemary long before I even knew what to do with it. I love to just rub my fingers along the sprigs and inhale deeply the aromatic essence that immediately calms and lifts my spirit.

Properties

Antibacterial, antimicrobial, antiviral, anti-inflammatory, antidepressant, antiseptic, antifungal, antioxidant, antispasmodic, astringent, carminative, cholagogue, diaphoretic, emmenagogue, nervine, rubefacient, mild analgesic, mild stimulant.

Energetics: warming, drying, pungent, bitter
Systems Affected: respiratory, digestive, nervous

Uses

- Brain tonic; improves concentration and memory.
- Improves circulation, invigorating, energy booster, good for headaches and migraines.
- Canker sores, gum inflammation, mouth sores (gargle with tea).
- Strengthens nervous system, helps with depression, lifts the mood.
- Strengthens arteries, heart, digestive system, gall bladder, and liver.
- Joint pain and inflammation, rheumatism, and joint damage.
- Digestive aid, intestinal infections, gas, heartburn, colitis, etc.
- Slows the growth of bacteria which makes it a great preservative and infection fighter.
- Aids cardiovascular system, poor circulation, low blood pressure, and anemia.
- Illness, cold and flu
- Respiratory and sinus congestion
- Liver and gall bladder support
- Muscle and nerve pain
- Mild pain reliever
- Menstrual pain, PMS
- Bruising and varicose veins
- Calming
- Hair tonic; stimulates circulation to scalp, encouraging hair growth,

- Helps with dandruff and itchy scalp.
- Improves skin tone; use for oily to normal skin
- Cell regeneration

Herb Preparations

- Fresh sprigs - put in baths, burn as incense, or lay on beds, under pillows, etc.
- Bath, steam, foot soak
- Tea
- Honey, syrup
- Tincture, liniment
- Herbal oil
- Salve, ointment, balm
- Herbal pillow (sleep aid, headache, aches in body).
- Powder, capsules, sprinkle
- Cooking, marinating meat will slow spoilage, add to any culinary dish.
- Essential oil
- Hydrosol

Care/Harvesting

Propagate from root cuttings or purchase a transplant from the nursery and plant after the last frost.

- Loves rich, fertile soil in full sun.
- Rosemary can be a picky little thing so do not let the soil dry out or have too much moisture. Because it is native to the Mediterranean rosemary likes it hot yet moist, so it is a good idea to mist the leaves weekly after all it is the “mist of the sea”.
- Cover with a thick layer of mulch in the fall to protect from freezing temperatures. You still may lose the plant if temps go below freezing.
- It can be brought indoors during the winter months but mine has made it through the winter as long it has full sun and is mulched well.