

Rosemary



Looking like a small sprig from an evergreen tree the wonderful smell and assertively pine-like fragrance and pungent flavor of rosemary goes a long way to flavor to chicken, lamb, pork, salmon and tuna dishes as well as many soups and sauces. As an evergreen, rosemary is available throughout the year.

Rosemary grows on a small evergreen shrub belonging to the Labiatae family that is related to mint. Its leaves look like flat pine-tree needles, deep green in color on top while silver-white on their underside. Its memorable flavor and unique health benefits makes it an indispensable herb for every kitchen.

Health Benefits

The wonderful smell of rosemary is often associated with good food and great times. But it could just as easily be associated with good health. Rosemary contains substances that are useful for stimulating the immune system, increasing circulation, and improving digestion. Rosemary also contains anti-inflammatory compounds that may make it useful for reducing the severity of asthma attacks. In addition, rosemary has been shown to increase the blood flow to the head and brain, improving concentration. So, the next time you enhance the flavor of some special dish with rosemary, congratulate yourself for a wise as well as delicious choice.

Description

It is not surprising that the taste and aroma of the herb rosemary, historically used for strengthening the memory, is unforgettable. Rosemary has a unique pine-like fragrant flavor that is balanced by a rich pungency, a combination that evokes both the forest and the sea. Its memorable flavor and unique health benefits makes it an indispensable herb for every kitchen.

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History

Although rosemary is native to the Mediterranean, it now grows throughout much of the temperate regions in Europe and America. Rosemary has been a prized seasoning and natural medicine for millennia. Part of rosemary's popularity came from the widespread belief that rosemary stimulated and strengthened the memory, a quality for which it is still traditionally used. In ancient Greece, students would place rosemary sprigs in their hair when studying for exams, and mourners would also throw the fragrant herb into the grave of the deceased as a symbol of remembrance. In olde England, rosemary's ability to fortify the memory transformed it into a symbol of fidelity, and it played an important role in the costumes, decorations and gifts used at weddings. Rosemary oil was first extracted in the 14th century, after which it was used to make Queen of Hungary water, a very popular cosmetic used at that time. In the 16th and 17th centuries, rosemary became popular as a digestive aid in apothecaries. Recently, as modern research focuses on the beneficial active components in rosemary, our appreciation for this herb's therapeutic as well as culinary value has been renewed.

References

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