

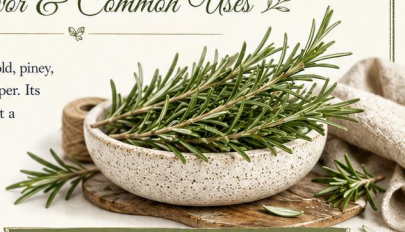


Rosemary

Flavor & Common Uses



Rosemary (*Rosmarinus officinalis*) has a bold, piney, woody flavor with hints of lemon and pepper. Its fragrant aroma and savory character make it a favorite herb in cooking, herbal infusions, and home care uses.



FLAVOR PROFILE

- Bold and aromatic
- Piney and woody
- Slightly peppery
- Mild lemony undertones
- Savory and earthy



PAIRS WELL WITH

Garlic, lemon, olive oil, thyme, sage, oregano, butter, potatoes, chicken, lamb.

COMMON USES



Cooking: Great for roasted chicken, beef, pork, potatoes, vegetables, bread, and soups.



Seasoning Blends: Used in herb rubs, marinades, and savory spice mixes.



Tea: Sometimes steeped in herbal tea for digestion, focus, and warmth.



Infused Oil & Vinegar: Popular for flavoring oils and vinegars.



Hair & Skin Care: Often infused into oils, rinses, and natural beauty products.



Aromatherapy: Used for its fresh herbal scent in sachets, steam, and home blends.

TIPS

- Use sparingly because rosemary has a strong flavor.
- Fresh rosemary is excellent for roasting and infusing.
- Dried rosemary works well in long-cooked dishes.
- Strip leaves from the stem and chop finely for easier use.



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