

Rosemary

AN EVERGREEN SHRUB IN THE LAMIACEAE FAMILY

FUN FACT: ANCIENT GREEKS THOUGHT ROSEMARY COULD BE A MEMORY AID, SO THEY WORE IT IN THEIR HAIR!

COMMON USES

The leaves, both fresh and dried, are used in traditional Mediterranean cuisine. They have a bitter, astringent taste and are highly aromatic, which complements a wide variety of foods. When burnt, they give off a mustard-like smell and a smell similar to burning wood, which can be used to flavor foods while barbecuing.



HARVESTING AND STORAGE

Harvest: Cut Rosemary at the stem so that you are cutting off a full sprig and the stems will regenerate. Rosemary won't regrow until the entire stem is cut off. But don't pluck off more than 20% of the Rosemary needles... that won't just slow down the growth, it will probably kill the plant.

Storage: Rosemary tends to dry out quickly; to store rinse the rosemary and then wrap it in a layer of moist paper towels. Then, place the moist towels and rosemary in a zipper bag and place it in the refrigerator. This should keep your herbs fresh for about two weeks. Alternatively, you can keep your rosemary moist by placing it in an appropriately sized plastic container and covering the sprigs in cold water. You should then cover the container and place it in the refrigerator.

FEATURED RECIPE

ROSEMARY LEEK MASHED POTATOES

INGREDIENTS

- 2 pounds russet potatoes, cut into quarters
- 1 small leek, white part only, coarsely chopped
- 2 cloves garlic, finely-chopped
- 1 Tablespoon chopped rosemary or 1 teaspoon dried rosemary
- 2 Tablespoons white wine or chicken broth
- 1/4 cup nonfat sour cream
- 2 Tablespoons nonfat milk or buttermilk
- Salt and white pepper to taste

