

Rosemary

Definition: Used since 500 b.c., rosemary is native to the Mediterranean area (where it grows wild) but is now cultivated throughout Europe and the United States. Early on, this mint-family member was used to cure ailments of the nervous system. Rosemary's silver-green, needle-shaped leaves are highly aromatic and their flavor hints of both lemon and pine. This herb is available in whole-leaf form (fresh and dried) as well as powdered. Rosemary essence is used both to flavor food and to scent cosmetics. Rosemary can be used as a seasoning in a variety of dishes including fruit salads, soups, vegetables, meat (particularly lamb), fish and egg dishes, stuffings and dressings.