

# Rosemary

**This well-known and much-loved herb is not only great for Water Wise gardening, but is also great in cooking and beneficial as a herbal tea or hair rinse.**

The smell, the smell ... the taste, the taste ... one can't confuse rosemary with anything else. It has very characteristic oil in its leaves, and is probably best known for its flavoursome addition to meat dishes. But it is also delightful as a garnish, table decoration or in a flower arrangement.

A cup a day keeps the doctor away! Rosemary makes a deliciously soothing cup of herbal tea, relieving stress, depression and anxiety. It helps with arthritis, rheumatism, diabetes and chronic pain. It even improves concentration and memory! Drink a daily cup (with a break of about 3 or 4 days every 10 day period) for overall well-being.

For a delicious hair rinse or bath fragrance, place a handkerchief or stocking-end of rosemary under the running water in your bath or basin. It works wonders to build strong hair, thereby reducing hair loss and damage.

Starke Ayres Garden Centre recommends *Rosemary lavadulaceus* - this prostrate rosemary has light blue flowers and is easy to grow. It is a hardy plant, surviving extreme conditions. All varieties of rosemary benefit from being cut, so don't be shy when gathering twigs for your morning cupa or evening bath.

## **Rosemary-Potato Treats**

Impress your guests or just spoil yourself to a simple but taste-bud extravaganza with only three ingredients: **Potatoes, rosemary and olive oil.**

### **How can this taste any good?**

Here's best part – it is so simple to prepare it may just become a constant addition to all meals from now on or even a staple in the household. Slice potatoes into halves, quarters or wedges (leave the skins on for those extra nutrients and goodness). Spread them out on a baking sheet/pan and base the surface with olive oil. Chop generous amounts of rosemary on top and bake in the oven until golden brown. *Voila!*