

ANOTHER
HERB HERBERT
FACT SHEET

SPECIAL INTEREST HERBS

BBQ ROSEMARY

Rosmarinus officinalis 'Barbecue'



DESCRIPTION
Rosemary BBQ is an upright evergreen shrub with tough, blunt, dark green, needle-like leaves. Flowers are pale blue and are borne in clusters along the branch.

This new variety has strong upright branches, which can be used as skewers for meat and vegetables on the barbeque. The leaves and stems impart a smoky barbeque sauce flavour through food.

Rosmarinus is from the Latin "dew of the sea," referring to the dew-like appearance of its pale blue flowers from the distance.

CULINARY
Fresh or dried leaves are used to flavour meat (especially lamb), soups, and stews; they have a bitter taste and a tough texture, so should be used either finely chopped or in sprigs that can be removed before serving.

MEDICINAL
Used for depression, nervous exhaustion, headaches and Migraines. Externally for rheumatism, arthritis, muscular injuries.



Height 1.2-1.5M/
47-59in

COSMETIC
Ingredient in soaps and shampoos, creams and lotions.

ORNAMENTAL
Bold appearance makes this a great landscape plant on its own or mixed with other plants

PROPERTIES
Rosemary is rich in volatile oils, and phenolic acids, which are strongly antiseptic and anti-inflammatory

PARTS USED
Leaves, flowering, tops, oil

CULTIVATION
Well-drained soil in sun, with shelter in cold areas. Prune after flowering to encourage bushy growth.

CHARVEST
Leaves and flowering tops are collected in spring and early summer, and distilled for oil or dried for infusions, decoctions, extracts. Leaves picked anytime for use in cooking.



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