

# Rosemary

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Rosemary is an easy-to-grow, evergreen shrub that can be grown in any low-maintenance landscape or home herb garden. The plant is 18 to 48 inches tall when mature and produces small flowers in the spring, summer, and fall. Rosemary leaves have a pine-like flavor and are used to season many dishes. The flowers can be added to salads as a unique, rosemary-flavored garnish.

## 🌿 Grow it

### Varieties

- Pine Scented, Blue Boy, Spice Islands, and Barbeque are the most common for culinary use in Texas. Pine Scented is the best for cooking because of its excellent flavor and soft leaves.

### Soil Preparation

- Add 4 inches of compost to the soil and incorporate it to a depth of 4 to 6 inches.
- If your soil is heavy or has poor drainage, make a raised planting bed by slightly mounding up the soil to increase the drainage.

### Planting

- Buy a healthy transplant from a nursery or garden center.
- Plant the transplant and water it well.

### Fertilizing

- Rosemary seldom needs fertilizer. However, if growth is slow or the plant appears stunted or pale yellow, apply any all-purpose fertilizer around the base of the plant once in early spring before new growth appears.

### Watering

- Water rosemary every 1 to 2 weeks, allowing the soil to dry out in between each watering.

### Insects & Diseases

- Rosemary is fairly resistant to pests and diseases.
- To reduce the likelihood of insect pest and disease problems, prune overgrown plants to increase air circulation within the branches and do not over-fertilize.
- If something does not look right with your plant, contact your county Extension agent for more information.

### Harvesting

- Once the plant has grown to a suitable size, you can pick several small branches without harming it. Rosemary will be ready to harvest about 3 months after transplanting.
- You may harvest rosemary several times in a season. While the plant is small, allow it to replace its growth between harvests.
- The straight shoots of the Barbeque variety can be harvested and used as skewers.



Sun:  
Full



Soil:  
Well-drained



Planting:  
Year-round



Harvest:  
Year-round



Life Cycle:  
Perennial



Container  
Friendly

## Buy it

- You can buy fresh or dried rosemary.
- Choose fresh sprigs of rosemary that are green and free of any dark spots or mold.



## Store it

- Store fresh rosemary for 2 to 7 days in the refrigerator.
- Dried rosemary can be stored for longer periods of time.
  - » Dry rosemary by loosely tying branches together and hanging in a well-ventilated room or by spreading leaves on a cheesecloth or tray. To keep dust off, cover with a cloth or something similar that allows moisture to pass through. After the leaves are dry, store them in an air-tight container.
- Freezing herbs can also extend their storage time.
  - » Finely chop rosemary, place it in ice cube trays with water, olive oil, or chicken broth, and freeze. The frozen cubes can be stored in a freezer bag and used as needed

## Use it

### Slow Cooker Herb Turkey Breast

Course: Main Dish  
Serves: 10

#### Ingredients:

- 1 white onion, chopped
- 2 cups parsley leaves, chopped
- 5 tsp. fresh rosemary, chopped
- 2 tsp. fresh thyme
- 5 pounds turkey breast or turkey roast
- 1 cup chicken broth, low-fat and low-sodium
- 1 cup water

#### Instructions:

Place chopped onion and parsley in the bottom of the slow cooker. Then place rosemary and thyme on top.

Place turkey on top of onion and herbs.

Pour 1 cup chicken broth and 1 cup water over turkey, onion, and herbs.

Cook for 6 to 8 hours on low.

Slice and enjoy with a delicious side.

### Roasted Rosemary Sweet Potatoes

Course: Side Dish  
Serves: 6

#### Ingredients:

- 3 cups (1½ lbs.) sweet potatoes, peeled and cut into 1-inch cubes
- 2 Tbsp. olive oil
- 2 sprigs rosemary, chopped
- 2 small cloves garlic, minced
- ½ red onion, sliced

#### Instructions:

Wash your hands and clean your cooking area. Heat sauté pan to medium heat on the stove top.

Combine sweet potatoes and olive oil in the pan and sauté until potatoes are bright and tender.

Add rosemary to the pan and continue stirring.

Add garlic and onion and cook until soft and aromatic

## Learn about it

Rosemary, as well as other herbs, can be used instead of salt to flavor dishes. This is a great way to reduce sodium intake.