



# Rosemary



- Light: Full sun
- Water: Water when the top inch of soil is dry
- Tip: Avoid overwatering and ensure good drainage; rosemary dislikes wet feet

## Healing Benefits:

- Carnosic acid in rosemary may help protect the brain from neurodegeneration
- Shown in studies to enhance memory and concentration.
- Boosts circulation and has anti-inflammatory, antioxidant effects.

## Popular Uses:

Roasted potatoes, poultry, lamb, focaccia bread, infused olive oils, herbal teas, and aromatic wreaths or sachets.