

Forty Ways to Use Your Rosemary

Culinary

1. in soup
2. in salad
3. on meat – especially lamb, chicken, pork and duck
4. in vegetables – especially roasted or creamed potatoes
5. in scrambled eggs
6. in biscuits and bread
7. in cakes and cookies
8. as a marinade for tofu or seitan
9. in cheese spread or butter
10. in jams or jellies
11. in vinegar
12. in oil
13. in tea or punch

Historical Medicinal Uses

14. in wine or other spirits such as “Hungary Water” to help the pain of rheumatism or gout
15. as a decoction or tincture for anxiety, colic, depression, gall bladder and liver (sedative to smooth and soothe the digestive system. The stress reducing properties are attributed to the abundance of calcium that is known to calm nerves. One tablespoon of dried rosemary contains about 42 milligrams of calcium, which is easily absorbed by the body)
16. as painkiller for headache and migraines (contains the compound rosmarinic acid that seems to relieve headache the same as aspirin)
17. to improve circulation (good for sprains, backache, tendonitis and bursitis)
18. as hair tonic or rinse (1/3 cup fresh rosemary or 3 tablespoons dry rosemary infused in one pint of boiling water. Let sit until cool or for 24 hours)

Rosemary also contains antioxidants

Hygiene

19. as mouthwash (infuse 1/3 teaspoon each of rosemary, anise and mint in 1 cup water)
20. in soap
21. in creams and lotions
22. in your bath water

Aromatherapy

23. use in a simmer pot
24. use as incense
25. use in candles or use rosemary oil on a candle as it begins to burn and 26. use as sachets
27. burn in the fireplace
28. tuck a spring in your hair while studying to enhance clarity and help remember
29. once used to ward off evil spirits and prevent nightmares

General

30. use for a yellow-green dye
31. as a deer deterrent
32. as an insect repellent and flea deterrent
33. as a beautiful plant or hedge
34. make into topiaries
35. use in a flower bouquet
36. use the stems as skewers on the bar-b-que
37. use a bundle as a basting brush
38. during the Renaissance the wood was used to make the musical instrument, the lute
39. at weddings as a token of fidelity and remembrance
40. at the graveside – used for remembrance