

# Rosemary

Herbs



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Suggested species: *Rosmarinus officinalis* (botanical name)

**PLANT**



Plant bought rosemary or 'rooted cuttings' taken in summer (7cm long shoots). Can also sow seed in spring. Choose well drained soil in sunny sheltered site

**GROW**



Keep watered until established. Pinch out growing tips to encourage bushy plants. Remove frost damaged growth. Will crop year after year

**EAT**



Pick leaves for use fresh. In very cold areas, protect with horticultural fleece over winter or move container grown plants indoors. Flowers are also edible

Growing guide

Easy!

Average growing period

4 wks (bought); 24 months (seed)

Equipment needed

Horticultural fleece

Germination time

7-14 days

Average plant size

100cm tall and wide

Family group to grow with

Lamiaceae: lemon balm, sage

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Fresh: calcium, iron, vit. C, vit. A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors    
 ■ Sow outdoors    
 ■ Plant out/transplant    
 ■ Harvest    
 Use cloche

2.5cm = 1 inch    30 cm = 1 foot