

# Herbal Spotlight - Rosemary

## Backstory

Rosemary is a fragrant herb that carries a rich history deeply intertwined with culinary, medicinal, and cultural practices. Native to the Mediterranean region, rosemary is an evergreen shrub. Its aromatic leaves and potential health benefits have made it a cherished herb across centuries and continents. It has been traditionally used in treating headaches, insomnia, depression, and has been used as an antispasmodic and pain reliever.

## Benefits

Rosemary is renowned for its diverse range of potential health benefits. Its leaves contain compounds such as rosmarinic acid and antioxidants that contribute to its therapeutic properties. The active phytochemicals in Rosemary are “responsible for implementing several pharmacological activities, such as anti-inflammatory, antioxidant, antimicrobial, antiproliferative, antitumor and protective, inhibitory and attenuating activities. (*Rosmarinus officinalis* L. (rosemary) as therapeutic and prophylactic agent Jonatas Rafael de Oliveira, Samira Esteves Afonso Camargo, Luciane Dias de Oliveira <https://pubmed.ncbi.nlm.nih.gov/30621719/>).

Rosemary has been associated with improved cognitive function. Its aroma is thought to have stimulating effects on memory and mental clarity. It can also aid digestion by promoting the flow of bile, supporting healthy digestion, and alleviating occasional indigestion. The anti-inflammatory and antioxidant properties of rosemary make it potentially beneficial for managing inflammation and oxidative stress in the body.

Cosmetically, rosemary-infused oils are commonly used for promoting healthy hair and scalp. It is believed to stimulate hair follicles and reduce dandruff.

If supplementing with Rosemary, follow recommended serving sizes and consult a medical professional prior.

## Recipes

Rosemary's aromatic and earthy flavor makes it a versatile culinary herb. It's used to enhance the taste of various dishes, from roasted meats to marinades and sauces. Fresh or dried rosemary can be added to a variety of dishes, both savory and sweet, to impart its distinctive flavor such as breads, pastas, pizzas, soups, and spice blends for meat, fish and potatoes.

The scent of rosemary can be used in aromatherapy to promote relaxation, mental clarity, and a sense of well-being. Create rosemary-infused oils by steeping rosemary

sprigs in carrier oils such as olive, jojoba, or almond oil. These oils can be used for cooking, skincare, and hair care.

Brew rosemary leaves into an herbal tea by steeping them in hot water for a calming and aromatic beverage.

## **Sustainable Sourcing**

Monterey Bay Herb Co is proud to provide you with responsibly sourced rosemary products that uphold the highest standards of quality and ethical practices. For the past 30 years, our producers have implemented environmental and social sustainability into their business and growing practices. As a cooperative, our farmers are supported financially. They are paid living wages verified through an external audit.

Our Rosemary is certified organic, and all of its industrial waste is reworked to be used as compost on its farms. It is grown predominantly in rural Morocco. Our sourcing partner offers free training for all members of the growing cooperative, especially for women. This provides continual educational and economic growth opportunities for people living in rural communities.

Monterey Bay Herb Co strives to be the best sourcing partner for small businesses who harness botanicals to create wellness in our world. Our strict sourcing sustainability standards ensure that we can offer high quality ingredients that are consistently in stock and our relationships with our sourcing partners guarantee you competitive prices.