

## Fresh Rosemary



In Latin, rosemary means "dew of the sea"—appropriate since it is indigenous to the Mediterranean. Rosemary is one of the most aromatic and pungent of all the herbs. Its needlelike leaves have pronounced lemon-pine flavor that pairs well with roasted lamb, garlic, and olive oil. Rosemary is also a nice addition to focaccia, tomato sauce, pizza, and pork, but because its flavor is strong, use a light hand.

Rosemary contains substances that are useful for stimulating the immune system, increasing circulation, and improving digestion. Rosemary also contains anti-inflammatory compounds that may make it useful for reducing the severity of asthma attacks. In addition, rosemary has been shown to increase the blood flow to the head and brain, improving concentration.

- Historically used for strengthening the memory
- Rosemary grows on a small evergreen shrub belonging to the *Labiatae* family that is related to mint.
- Rosemary is a good source of vitamin A (in the form of provitamin A carotenoid phytonutrients).

### Cancer Guard for the Grill

Rosemary guards your health by keeping away unwanted intruders known as HCAs—carcinogens. Grilling, frying, broiling, or smoking (not baking) at high temperatures causes molecules in certain foods to break down and produce toxic chemicals called heterocyclic amines, or HCAs. When consumed, HCAs are readily absorbed, and traces of them have been found in human colon, breast and prostate cells.

HCAs start to build up on meat, poultry, and even fish (not vegetable and fruit) **four minutes** after the temperature reaches 352°F. The longer the cooking time and the higher the temperature, the greater the toxic build- will be. In one study, for example, food fried at 435°F contained six times as many HCAs than the same type of food fried at 325°F.

We can minimize the potential risk by cutting back on high temperature styles of cooking, avoid eating charred foods AND use rosemary. Studies show that this rosemary is a potent antioxidant that can wipe out HCAs.

When researchers in Austria fried hamburgers at a relatively moderate temperature of 356°F for 20 minutes, they found HCAs continue to rise as the meat was being cooked. ***When they sprinkled rosemary on another set of burgers before putting them on the grill, and fried them at the same temperature for the same amount of time, 61% fewer HCAs were detected.***

Rosemary's **carcinogen-killing talent** comes from a special blend of antioxidants—rosmarinic acid, carnosic acid, and carnosol. Together they make rosemary one of the most powerful antioxidants on earth!

Simply breathing rosemary essential oils reduced levels of the stress hormone cortisol. This is significant, because high levels of cortisol are associated with an increase in oxidative stress, a kind of internal rust that ages and damages cells. Oxidative stress plays a role in ALL chronic diseases, including heart disease, cancer, and Alzheimer's—and in aging itself.

Rosemary can reduce the misery of radiation sickness (a mega-oxidizer) and prolong the lives of experimental animals exposed to a massive dose of gamma rays, according to a study in the *Journal of Environmental Pathology, Toxicology, and Oncology*. Rosemary might act like a protective shield against the sun's ultraviolet (UV) radiation.

### **History:**

- In ancient Greece and Rome, rosemary was used at both weddings and funerals. Brides put rosemary in their bouquets as a sign of fidelity and newlyweds planted rosemary on their wedding day. Rosemary sprigs were placed on the graves of loved ones as a symbol of remembrance.
- The French burned rosemary and juniper berries in hospitals to purify the air and prevent disease.

### **Storage:**

- You can purchase rosemary fresh or dried but there is not much difference between the two; they are both equally strong. And unlike most other spices, rosemary retains its flavor and volatile oils when ground.
- Fresh rosemary will keep for approximately a week or more immersed in clean fresh water. Rosemary can be wrapped in foil, put in a plastic bag, and frozen.
- Rosemary is perfect for drying. It must be dried immediately after harvesting to preserve volatile oils. Hang fresh-cut branches upside down in a dark, well-aired warm place for a few days. When dried, the edges roll into tight scrolls and lose their flat appearance.
- Once dried, the leaves are easy to strip from the stem. Hold them upside down and pull each leaf from the stem. This will prevent ripping a piece of the stem with the leaf.
- Most of the rosemary available in the United States comes from Spain.
- Rosemary does not lose its flavor in long-slow cooking. Because it contains a lot of oil, it dissolves quickly in fatty liquids.
- Since rosemary is a hardy spice, it is best used with full-bodied foods such as lamb, chicken, pot roasts, and stews. It also goes well with starchy foods: scones, bread, and dumplings. It also complements vinegars nicely.
- ***If out of rosemary, then use thyme.***

Whenever possible, choose fresh rosemary over the dried form of the herb since it is far superior in flavor. The sprigs of fresh rosemary should look vibrantly fresh and should be deep sage green in color, and free from yellow or dark spots.

Quickly rinse rosemary under cool running water and pat dry. Most recipes call for rosemary leaves, which can be easily removed from the stem. Alternatively, you can add the whole sprig to season soups, stews and meat dishes, and then simply remove it before serving.

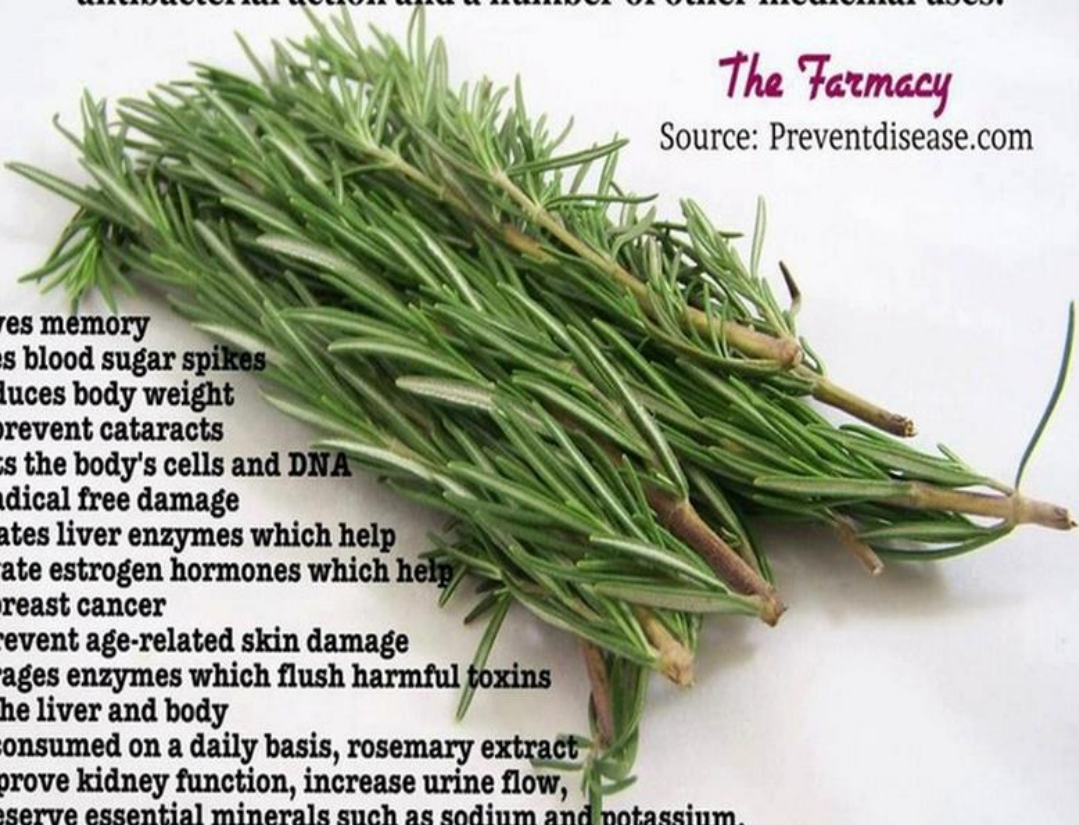
- Add fresh rosemary to omelets and frittatas.
- Rosemary is a wonderful herb for seasoning chicken and lamb dishes.
- Add rosemary to tomato sauces and soups.
- Even better than butter—purée fresh rosemary leaves with olive oil and use as a dipping sauce for bread.

Grow your own medicine:

# ROSEMARY

**Rosemary** is a perennial herb containing 19 chemicals with antibacterial action and a number of other medicinal uses.

*The Farmacy*  
Source: [Preventdisease.com](http://Preventdisease.com)



- Improves memory
- Reduces blood sugar spikes and reduces body weight
- Helps prevent cataracts
- Protects the body's cells and DNA from radical free damage
- Stimulates liver enzymes which help inactivate estrogen hormones which help cause breast cancer
- Help prevent age-related skin damage
- Encourages enzymes which flush harmful toxins out of the liver and body
- When consumed on a daily basis, rosemary extract can improve kidney function, increase urine flow, and preserve essential minerals such as sodium and potassium.
- Rosemary oil is used to stimulate hair growth, boost mental activity, relieve respiratory problems and pain, and relieve disorders in menstrual cycle, menstrual cramps, peptic ulcers, urine flow, prostate, gall bladder, intestine, sperm mobility, leukemia, and kidney stones.