

Rosemary Folklore

Rosmarinus means *dew of the sea* in Latin.

For centuries, rosemary has decorated homes and Churches. In England, garlands of rosemary were wound around Church pillars, sprigs were strewn on floors and branches were placed on alters. Rosemary's affiliation with Christmas may have evolved from the ledge of Mother Mary, who was sheltered by a rosemary bush as she rested on her escape into Egypt. As the story goes, she threw her blue cap on the bush to dry and the white flowers turned to blue. Forever after, the plant was called "the rose of Mary."

Greek physicians prescribed the herb to relieve mental disorders and scholars studying for examinations braided garlands of rosemary into their hair, believing the herb would enhance their memory. Many superstitions surround rosemary's power. It would grow only in the gardens of the righteous. A sprig placed under the pillow would repel evil spirits and bad dreams. Dried rosemary was laid in the bed linens to ensure faithfulness.

Throughout the centuries the attributes of rosemary have been credited with cure-alls for melancholy, epilepsy, jaundice, nervous disorders, arthritis, reduction of varicose veins and more.

During the middle ages, all elegant weddings utilized the herb rosemary, which is the symbol of remembrance and fidelity. Springs were dipped in gold, tied with a ribbon and given to the wedding guests.

Another tale says that if a rosemary plant grows vigorously in a family's garden that it is the woman who wears the pants in the family. In Egypt, it was found in the wrappings of mummies. In Australia, it is worn on Anzac Day, a day set aside to commemorate the dead. In France, during the Middle Ages, it was combined with juniper and burned in bunches in hospitals to kill bacteria. Modern research shows that it does have antibacterial properties. In Hungary, in 1235, Queen Izabella was stricken with a paralyzing illness. A hermit came to court with a preparation of rosemary soaked in wine, which cured her. Since then, this combination, known as Queen Hungary's Water has been used to treat gout and baldness.

Queen of Hungary Water

2 oz. unscented alcohol and the following essential oils:

30 drops rosemary	5 drops neoli
12 drops lemon	2 drops sage
5 drop rose	2 drops mint

Rosemary has a long culinary history and its pronounced and distinctive taste is best used with reserve. It is best known to enhance the taste of meat.

Modern day uses including cooking by simply clipping the leaves and adding fresh rosemary to your favorite sauce or soups. It gives the home a wonderful aromatic scent,

simply cut off small leaves and place them in your favorite potpourri container and brew for a fresh outdoors smell, or cut stems and use in your favorite floral arrangements.

Our family's favorite quick & easy Rosemary treat is:

Potatoes with Rosemary

1 – ½ lb. russet potatoes, peeled and cubed 2 tsp. butter
2 tablespoons fresh Rosemary (crumbed)

Place in baking dish and bake at 350 degrees for about 20 minutes or smells terrific. Add salt and pepper to taste and enjoy.