

Dragonfly's Nook

PLANTS ♦ CRAFTS ♦ GOOD VIBES
Grow a kinder, greener tomorrow ♥

ROSEMARY

(*Salvia rosmarinus*)

Memory ♦ Focus ♦ Natural Wellness ♥

A fragrant, evergreen herb with a rich history and powerful benefits.

Small Plant
Big
Medicine
♥

Happy
Plants
Happier
People
♥

Medicinal Benefits

- ♥ May improve memory, focus, and cognitive performance (1, 2)
- ♥ Contains antioxidant and anti-inflammatory compounds such as rosmarinic acid and carnolic acid (3)
- ♥ May support digestive health (reduce gas, bloating, and indigestion) (4)
- ♥ Antimicrobial properties – may help inhibit the growth of harmful bacteria and fungi (5)
- ♥ May support circulation and cardiovascular health (6)
- ♥ May help reduce stress and anxiety (7)
- ♥ Traditionally used to relieve muscle aches, headaches, and respiratory congestion (8)

A little rosemary goes a long way for a sharper, brighter you. ♥

Plant Information

- ☀ **Type:** Perennial herb (woody evergreen)
- ↑↓ **Height:** 2 – 6 feet (can be kept smaller in containers)
- ↔ **Spread:** 2 – 4 feet
- 🌸 **Bloom Time:** Late winter – spring (small blue, purple, or white flowers)
- ☀ **Sunlight:** Full sun (at least 6 hours)
- 💧 **Soil:** Well-draining, sandy or rocky soil
- 🌿 **Water:** Low to moderate (drought tolerant once established)
- ❄️ **Hardiness Zones:** 7 – 10 (can be grown in containers in cooler zones)

Tough, fragrant, and full of life! ♥



Good for the Garden

- ♥ Attracts bees, butterflies, and other beneficial pollinators
- ♥ Deer resistant
- ♥ Companion plant for vegetables (like cabbage, carrots, and beans)
- ♥ Helps deter certain garden pests (mosquitoes, aphids, and cabbage moths)
- ♥ Beautiful, fragrant, and evergreen – adds year-round structure to the garden



How to Use Rosemary

Different parts of the plant can be used in many wonderful ways!

Leaves

(most commonly used)



- ♥ Use fresh or dried in cooking (roasted meats, vegetables, soups, breads)
- ♥ Steep in hot water for tea
- ♥ Infuse into oils, vinegars, and honeys
- ♥ Use in herbal blends, sachets, and smudge sticks
- ♥ Add to bath soaks for relaxation and muscle relief

Aromatic leaves for mind, body, and home. ♥

Flowers

(less commonly used)



- ♥ Edible and mildly sweet
- ♥ Use fresh as a garnish for salads and drinks
- ♥ Add to herbal teas or infusions (milder flavor)
- ♥ Attract pollinators to your garden
- ♥ Can be infused in oils for skincare and hair care

Delicate blooms, beautiful benefits. ♥

Stems

(often overlooked)



- ♥ Can be used to flavor broths, soups, and stews
- ♥ Add to herbal infusions
- ♥ Use in homemade smudge sticks or incense
- ♥ Woody stems can be simmered for a stronger tea
- ♥ Can be used in natural household cleaners

Stems add strength to both recipes and rituals. ♥

Popular Ways to Enjoy Rosemary



Herbal Tea
(focus & relaxation)



Infused Oil
(skincare & cooking)



Culinary Use
(meats, vegetables, breads)



Sachets
(drawers, closets, cars)



Smudge Sticks
(energy cleansing)



Natural Cleaner
(fresh & antimicrobial)

From the kitchen to the medicine cabinet – rosemary brings beauty, flavor, and wellness. ♥

Healthy
Plants
Healthy People
Brighter
Days
♥

Selected Studies & Sources

1. Moss, M. et al. (2003). Rosemary aroma improves memory speed and quality. *Therapeutic Advances in Psychopharmacology*.
2. Komori, T. et al. (2015). Cognitive enhancement by rosemary. *Journal of Medicinal Food*.
3. Pérez-Fons, L. et al. (2010). Antioxidant and anti-inflammatory properties. *Journal of Medicinal Food*.
4. Ertas, A. et al. (2015). Gastroprotective effects. *Food Science & Nutrition*.
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6. Yesilada, E. et al. (2002). Cardiovascular effects. *Phytomedicine*.
7. Bakirel, T. et al. (2011). Anti-anxiety and mood-enhancing effects. *Neuropharmacology*.
8. Huleatt, J. W. et al. (1999). Respiratory and analgesic effects. *Journal of Ethnopharmacology*.

(Full citations available upon request)

Plant Wellness ♥ Grow Joy ♥ Dragonfly's Nook ♥

Good
Herbs
Brighter
Tomorrows
♥