

Rosemary



Blue Lady



Foresteri



Arp



Blue Rain



Tuscan Blue



Foxtail



Gorizia



Hill Hardy



Spice Island

Horticulture Study Group - 2024

Co-Leaders: Madeline Johnson and
Phoebe Lake

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Members



- Leslie Conrad
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- Patty Mills
- Royceanna Kendall
- Sally Reynolds
- Sara Holland
- Susan Bame
- Tom Solis
- Wendy Matthews

Brief Introduction

- *Salvia rosmarinus*
- Originates from the Mediterranean
- Stems resemble a short pine tree with a fat trunk
- Evergreen
- Flowers cluster at the top of the stems in the late Spring to early Summer
- Major Chemistry: alpha-pinene and 1,8-cineole



Culinary Uses

- Savory to Sweet Dishes
- Can be added early to slow cooking recipes without a loss of flavor
- Draw out the flavor by soaking in milk, stock, water, or butter for 1-2 hours
- Bruise a handful of fresh leaves and let chill with lemonade, apple juice or pineapple juice
- Flowers are edible garnishes
- Use in jellies, cheese spreads and butter



Culinary Tips

- Leaves closer to the tip have more oil glands and therefore more flavor
- Smell test – if you can't smell the rosemary (dried or fresh), then don't use it
- Outdoor grilling
 - Skewers
 - 4-6" stems placed on the hot coals grilling
- Need a little more flavor – finely chop a few leaves before serving



Varieties Tailored for Specific Culinary Uses

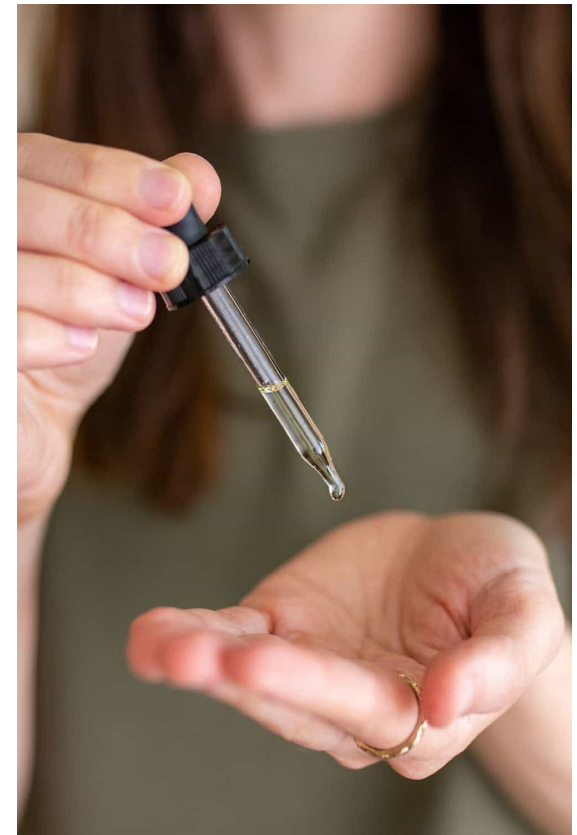
- **Tuscan Blue** – superior because the essential oils are balanced
- **Gorizia and Spice Island** – dense leaves leads to a high yield for making pestos
- **Barbecue and Gorizia** – provide stiff, straight stems for kabobs

“Rosemary is an herb of the hearth. It loves the licking flames of a grill, the steady heat of a baker’s oven, or hours slowly simmering with braised meats”.



Rosemary and Hair Care

- Improves scalp circulation
- Stimulate hair follicles – hair growth
- Protects hair strands – thickness and shine
- Combine with sage for maximum benefit



Rosemary Hair Thickening Oil

- Infuse 2 cups of olive oil with $\frac{1}{2}$ c of dried rosemary
- After 48 hours, strain the rosemary.
- Apply directly to the scalp and massage in

Rosemary and Skin Care

- Animal studies indicate that it may shield against the sun's ultraviolet rays thereby lessening premature aging of the skin
- Anti-inflammatory and antioxidant properties can help some skin conditions
- Cosmetic industry incorporates rosemary in formulas to treat wrinkles and oily skin

** test for allergic reaction



Possible Health Benefits

- increased concentration
- better digestion
- decreased brain aging
- carcinogen-killing
- powerful antioxidant
- anti-inflammatory compounds can neutralize free radicals and prevent chronic inflammatory conditions



Contraindications

- High doses can cause vomiting, coma, and pulmonary edema
- People with the following should not use:
 - Pregnant or nursing women
 - High Blood pressure
 - Ulcers
 - Crohn's Disease
 - Colitis
- Interaction w/medications that slow blood clotting
- Its convulsant properties cause seizures



Methods for Taking Rosemary

- Dried or Fresh Herb Tea
- Infused in Honey
- Topical oil or salve

Don't confuse rosemary oil with rosemary essential oil. Essential oils (EOs) are made by a different process and should not be used undiluted directly on the skin.

Rosemary Oil Recipe

1. Fill a saucepan with olive oil and several sprigs of fresh rosemary.
2. Cook on low heat until the scent of rosemary is rising from the pan (about 10 minutes)
3. Cool and strain out the rosemary.
4. Refrigerate for up to 6 months.
5. Apply directly to the skin as an antibacterial, anti-fungal, antispasmodic or antiseptic

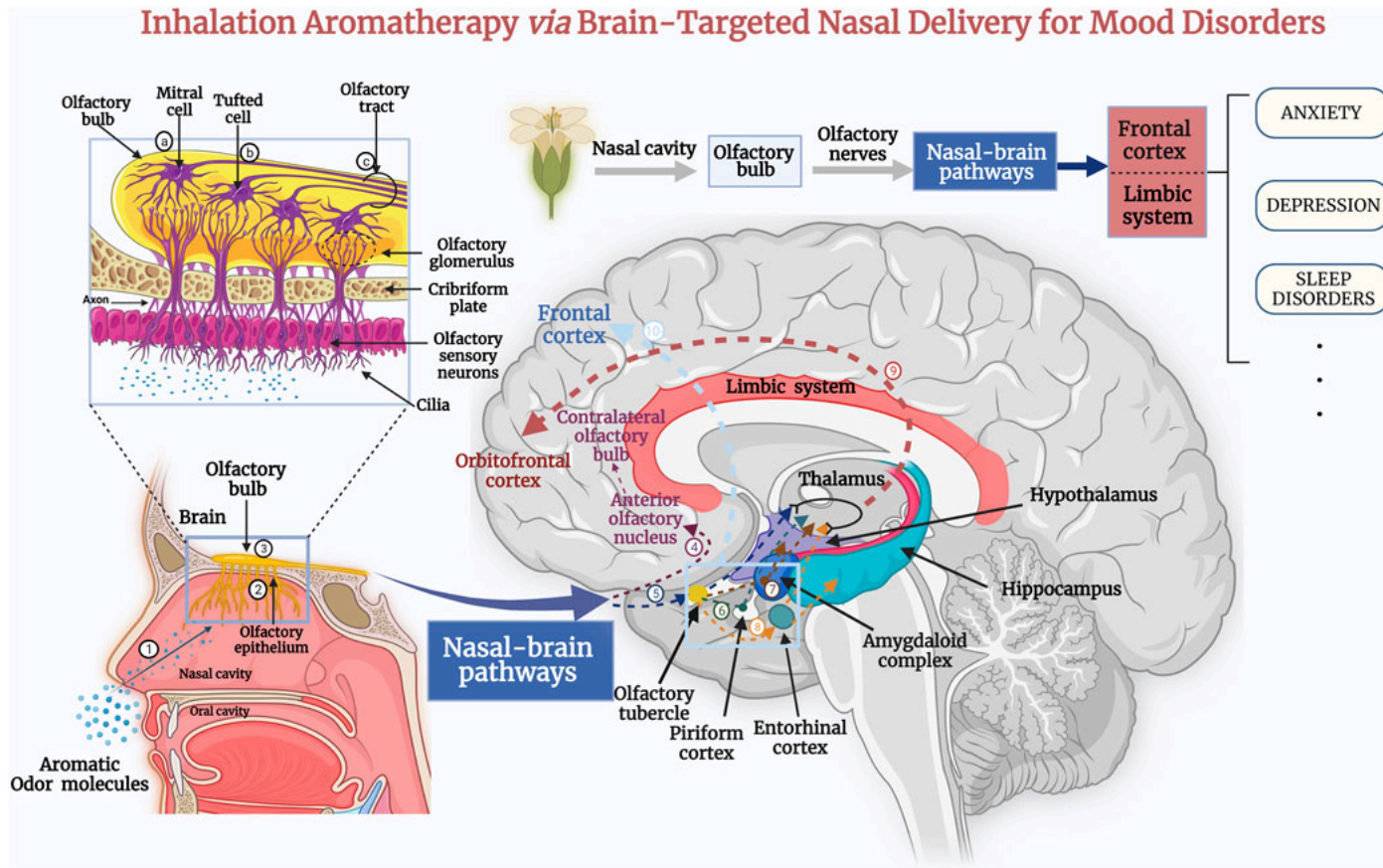


Rosemary Aromatherapy

- 16+ chemical compounds
- major components:
 - cineole
 - camphor
 - α -pinene
 - camphene
 - α -terpineol



How Aromatherapy Works



Interaction with neurotransmitter circuits (rodents, etc.)

- noradrenergic-noradrenalin ("fight or flight")
- serotonergic-serotonin (mood, depression?)
- GABAergic-GABA (inhibits neurons, calming)
- **DAergic**-dopamine (motivation, focus)



Lavender vs Rosemary study (Human)

Rosemary EO significantly enhanced the overall quality of memory and secondary memory factors compared to the control group

Lavender EO significantly decreased the performance of working memory and impaired reaction times in attention and memory-based tasks.

Both the control and lavender EO groups were found to be significantly less alert compared to the rosemary EO group after the experiment

Companion Planting

Best

- Lavender
- Sage
- Thyme
- Oregano
- Marjoram
- Borage
- Chives
- Various Types of Berries
- Zinnia and Marigold
- Cabbage Family
- Root Crops

Worst

- Basil
- Mint
- Pumpkin
- Cucumber
- Tomato



Cultivation

- Sunny location – 6+ hours
- Protect against afternoon sun, if possible
- Well drained soil (sandy or loamy) – amend with expanded shale if heavy clay
- Elevate the prostrate varieties for effect
- Water well after planting
- Consistent watering is key – do not overwater



Rosemary is generally pest-free.

Removal of branches affected by disease or insects is a simple and often effective method of control.



Pests



Southern Purple Mint Moth Larvae



Aphids, whiteflies, spider mites, and mealybugs can be managed if planted with good air circulation around the plant.

The Study Objective

- Compare the growth habits of 9 varieties
 - Rate of growth
 - Plant form (in terms of height and diameter)
 - Tendency to flower
 - Preference for ground vs. container
 - Overall performance in our region



Brief Description of Varieties

Large Upright	Compact Upright	Prostrate
Spice Island – very aromatic with intense flavor	Arp – hedge forming, cold hardy	Blue Lady – Flowing but not creeping, ornamental
Gorizia – columnar shape with sturdy stems	Hill Hardy – known for its flowers, cold hardy	Blue Rain – trailing, long runners, tolerate light shade
Tuscan Blue – culinary favorite, hedge forming	Foxtail – bushy dome-like form, arching branches	
	Foresteri – wavy stems, good for skewers	



Foxtail in July



G –ground planting
 C – container planting

	GROUP A	GROUP B
Arp	C	G
Blue Lady	G	C
Blue Rain	C	G
Foresteri	G	C
Foxtail	C	G
Gorizia	C	G
Hill Hardy	G	C
Spice Island	G	C
Tuscan Blue	G	C

Arp Photos by Susan Bame

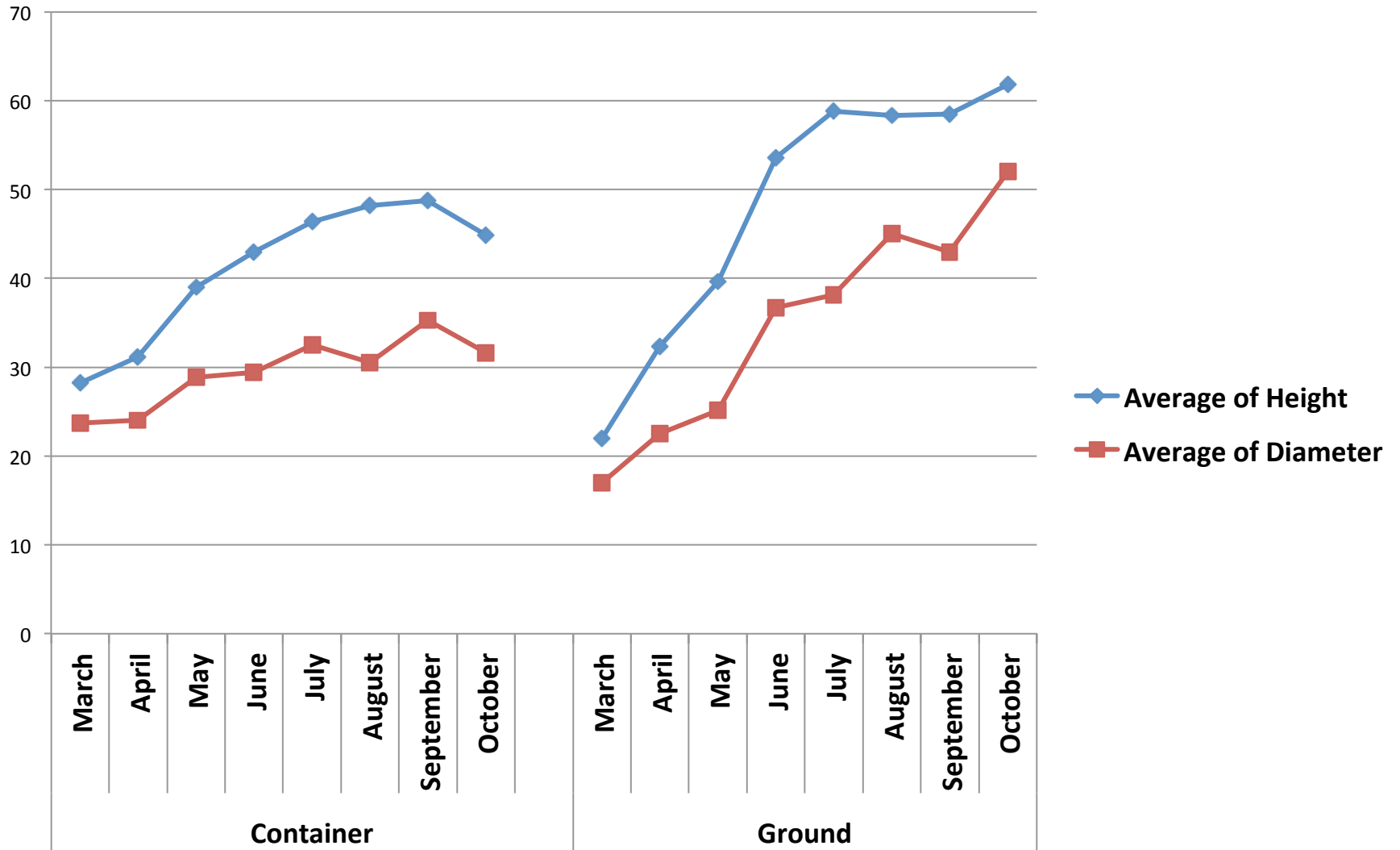


March

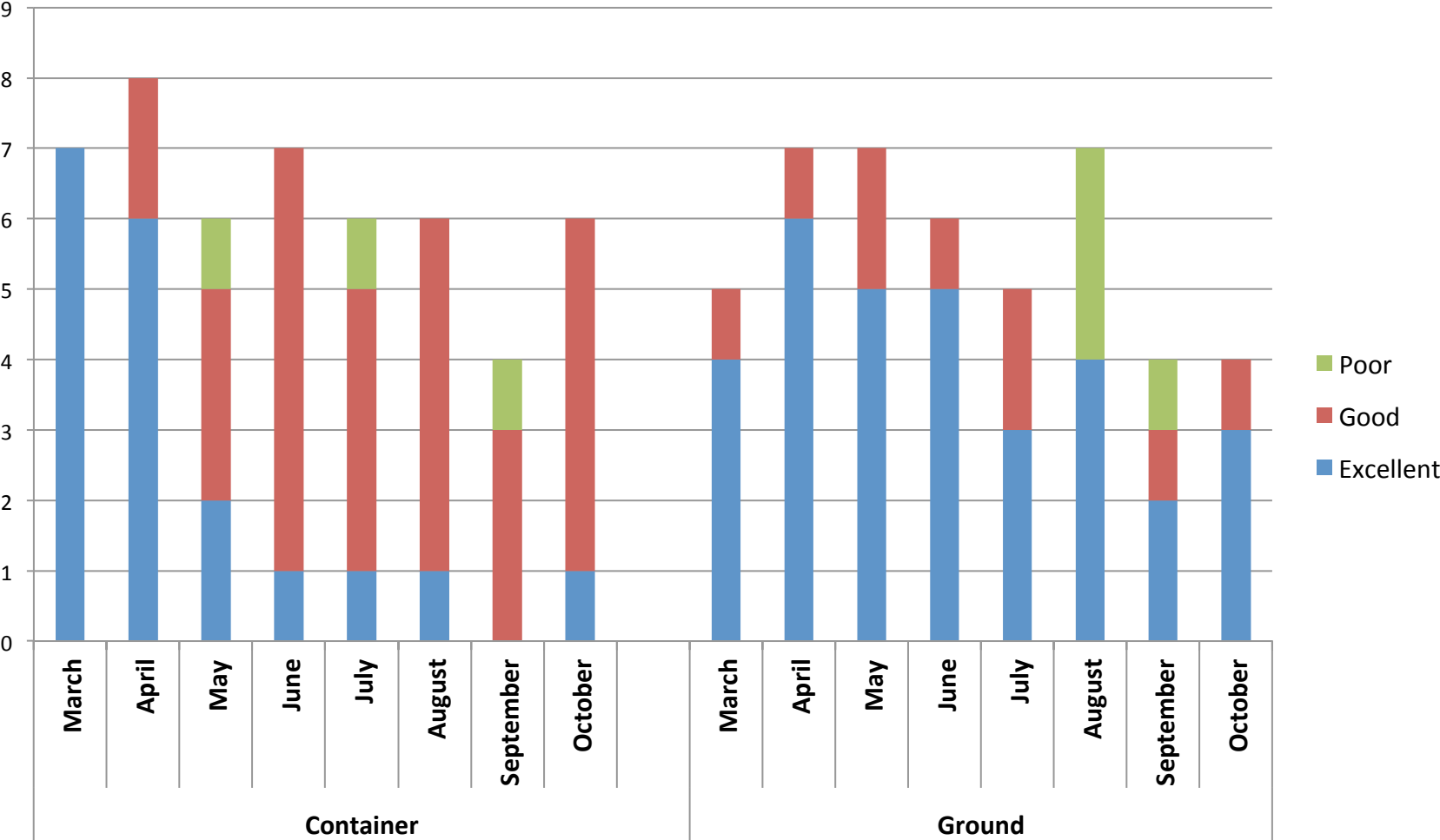


September

Arp Growth Rate



Arp Overall Rating



Blue Lady Photos by Wendy Matthews

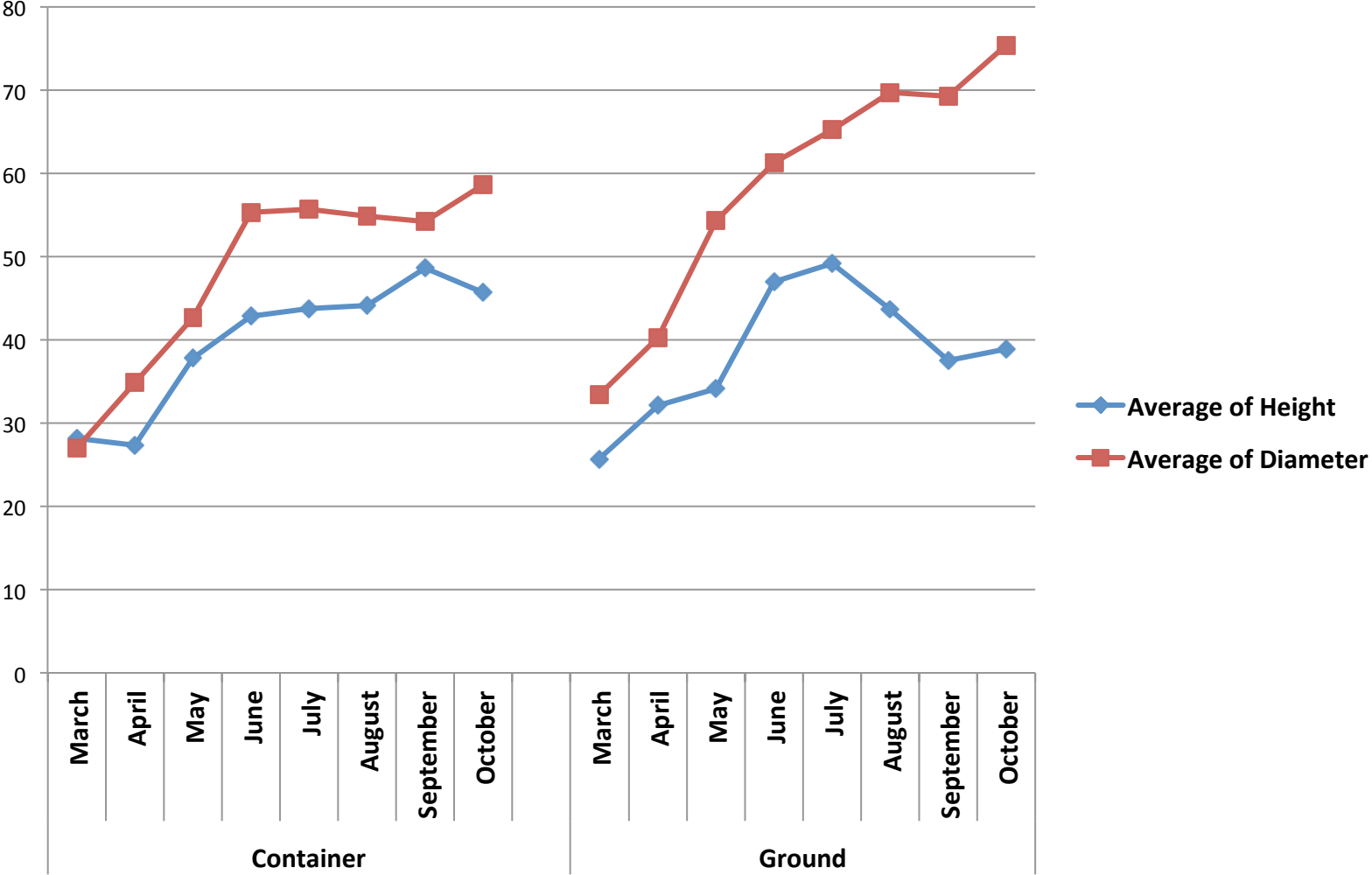


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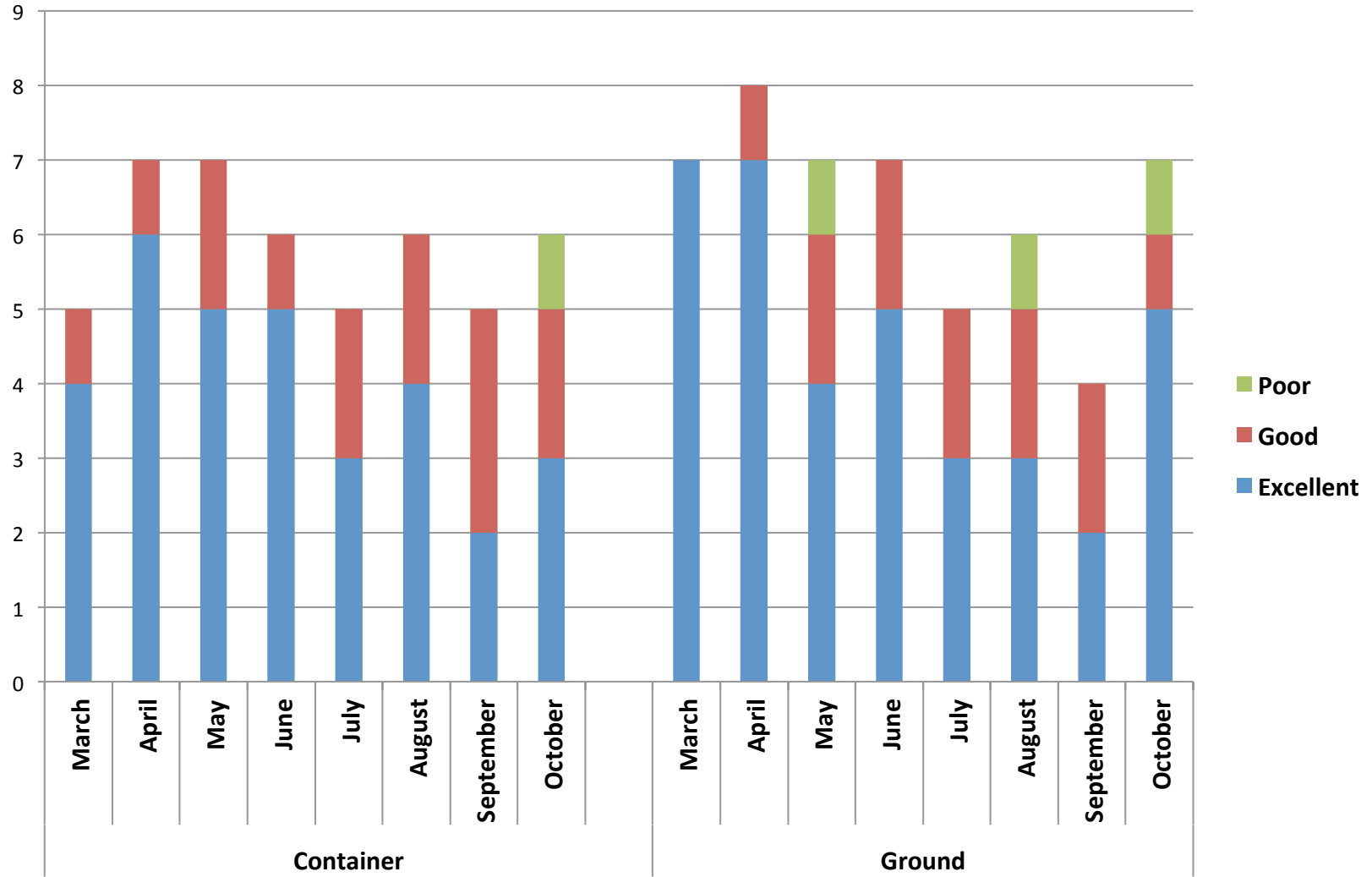


September

Blue Lady Growth Rate



Blue Lady Overall Rating



Blue Rain Photos by Phoebe Lake

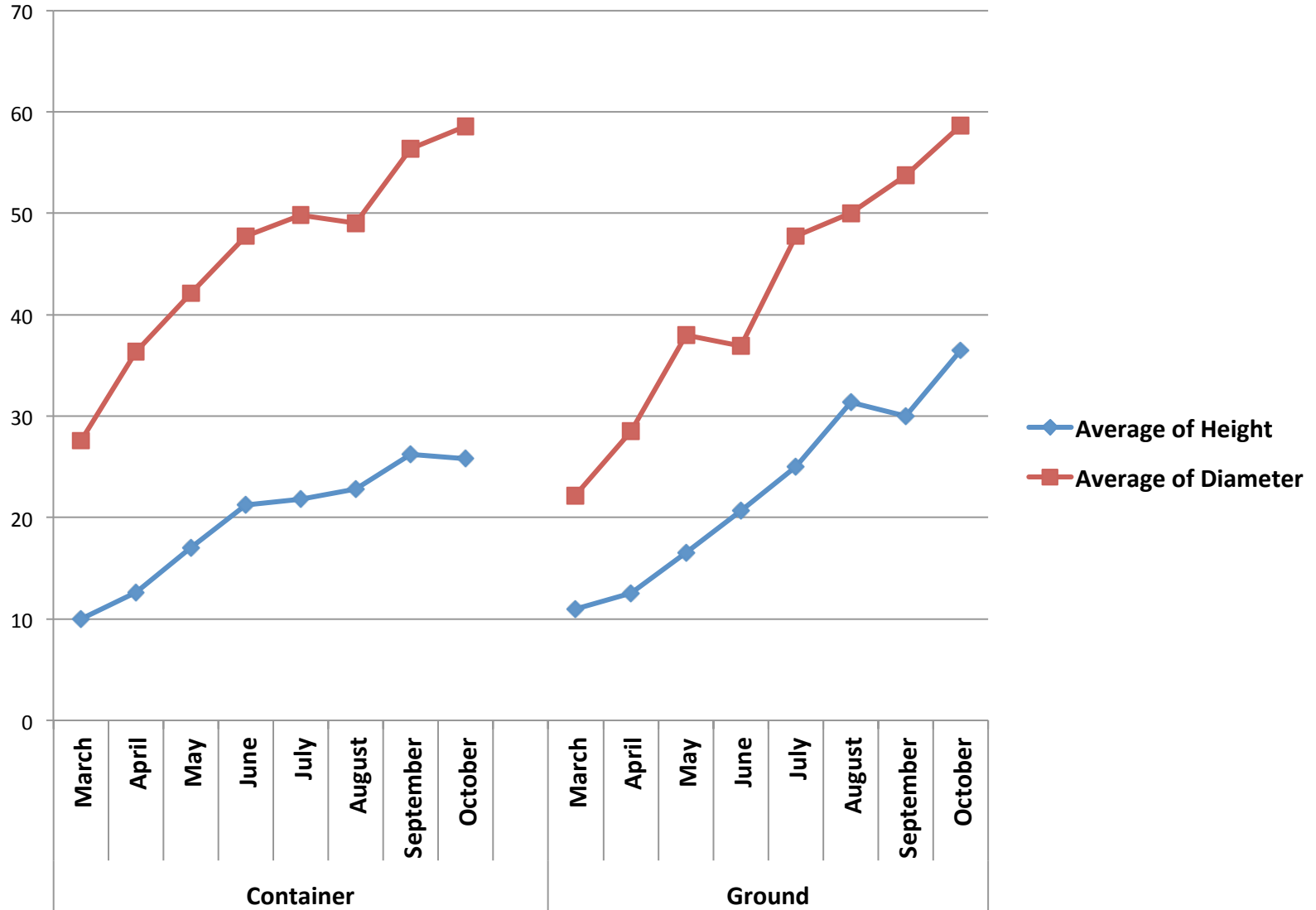


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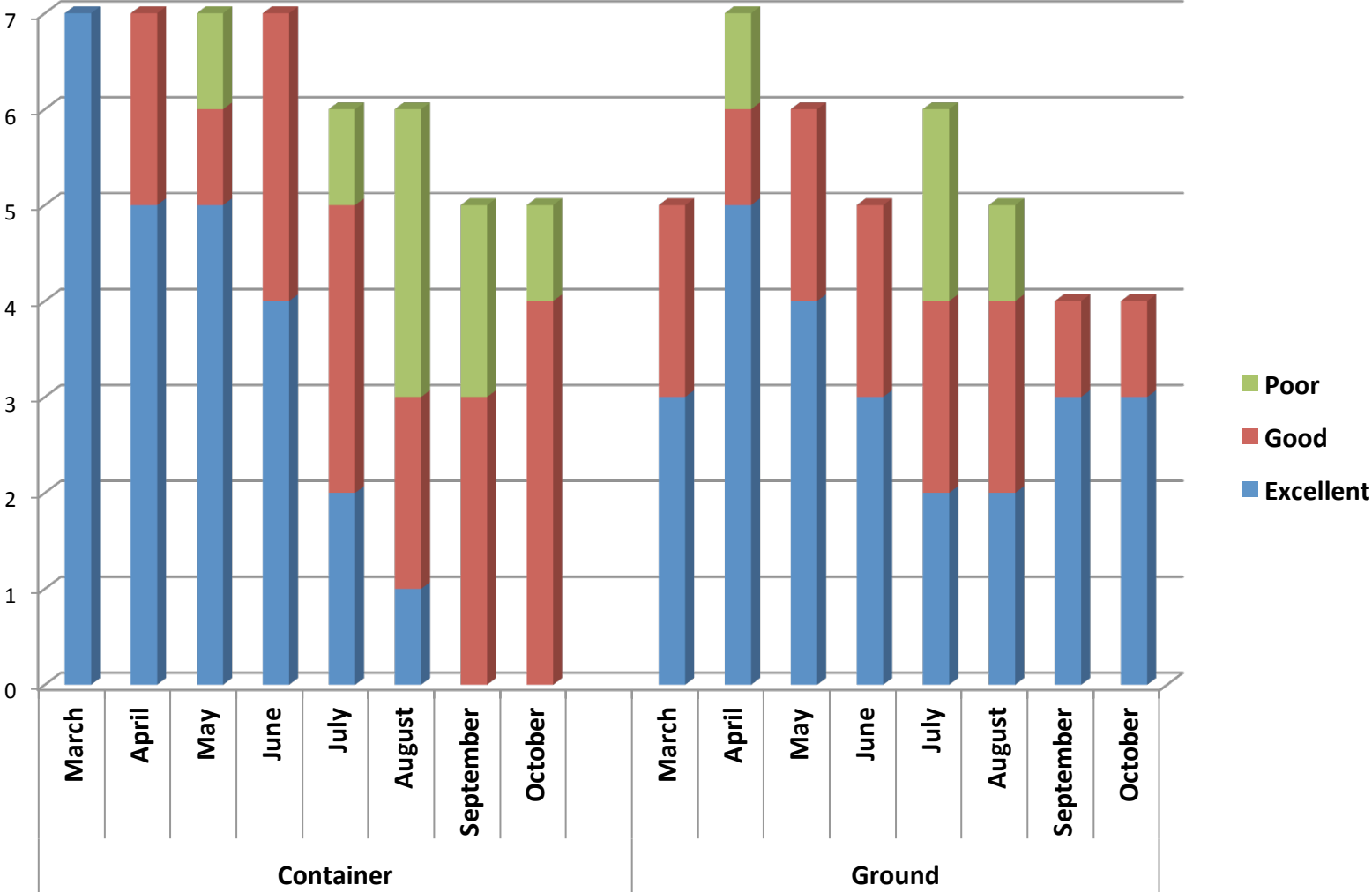


September

Blue Rain Growth Rate



Blue Rain Overall Rating



Foresteri Photos by Irene Spurrier

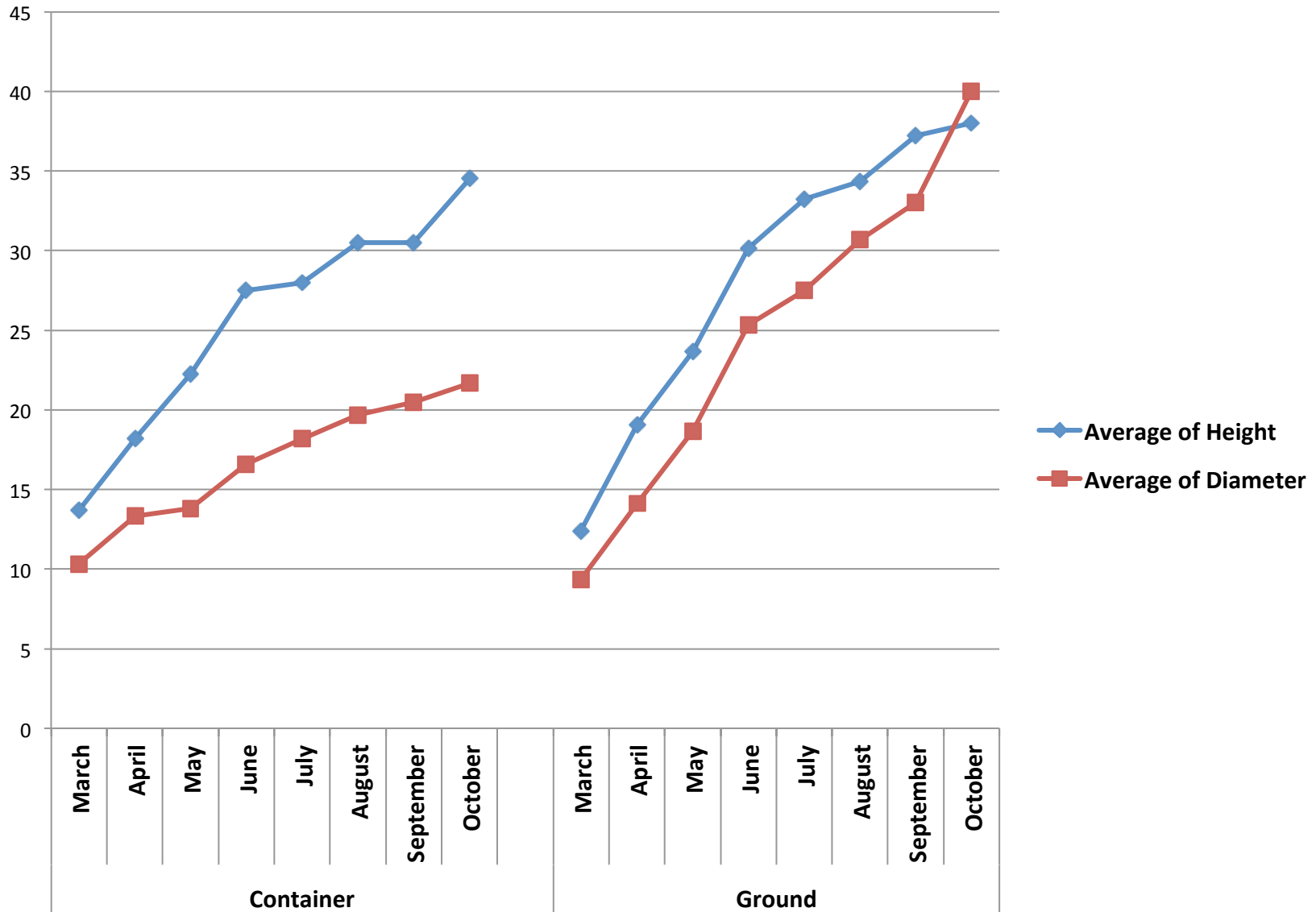


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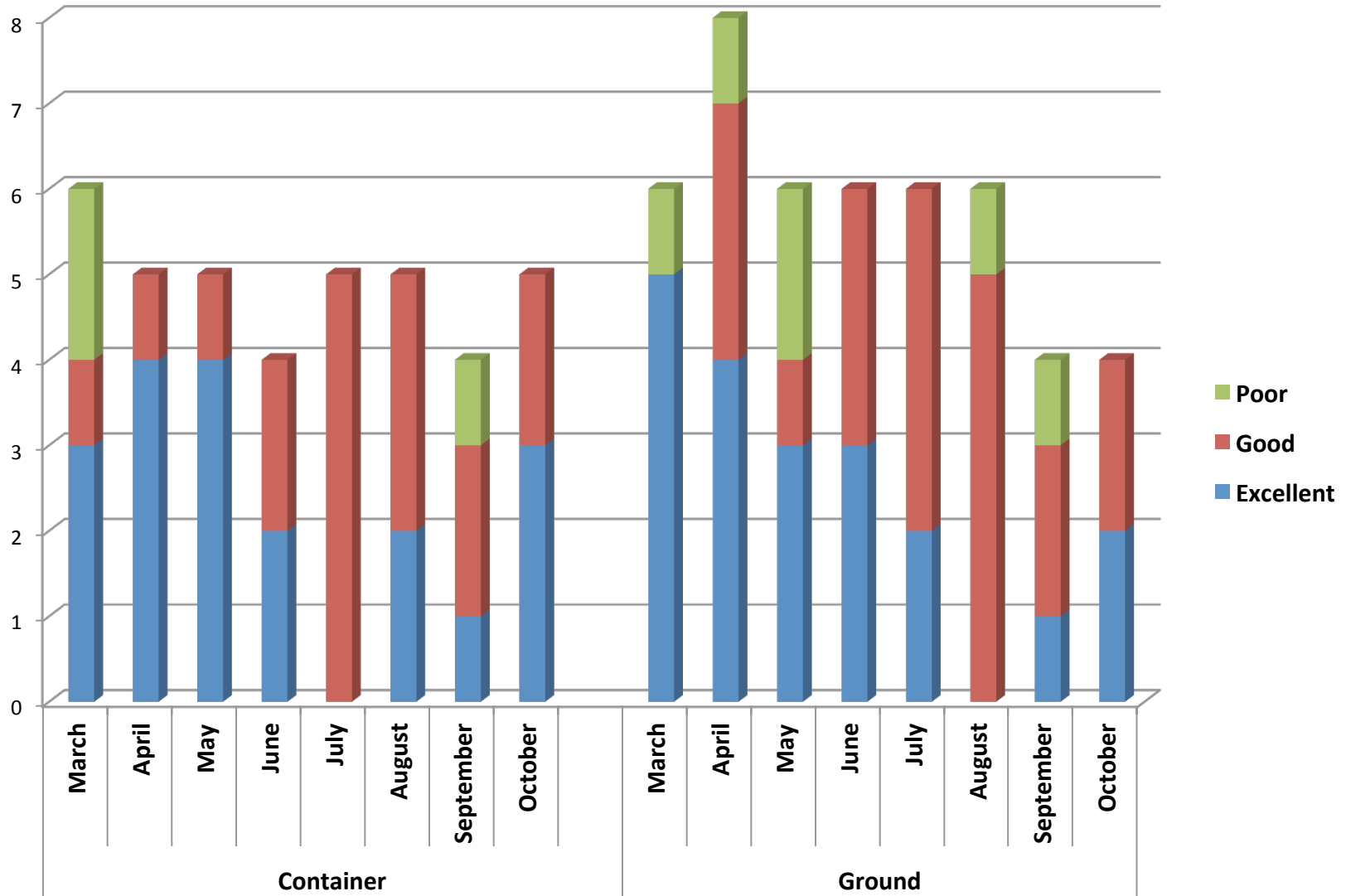


September

Foresteri Growth Rate



Foresteri Overall Rating



Foxtail Photos by Jana Rinehart

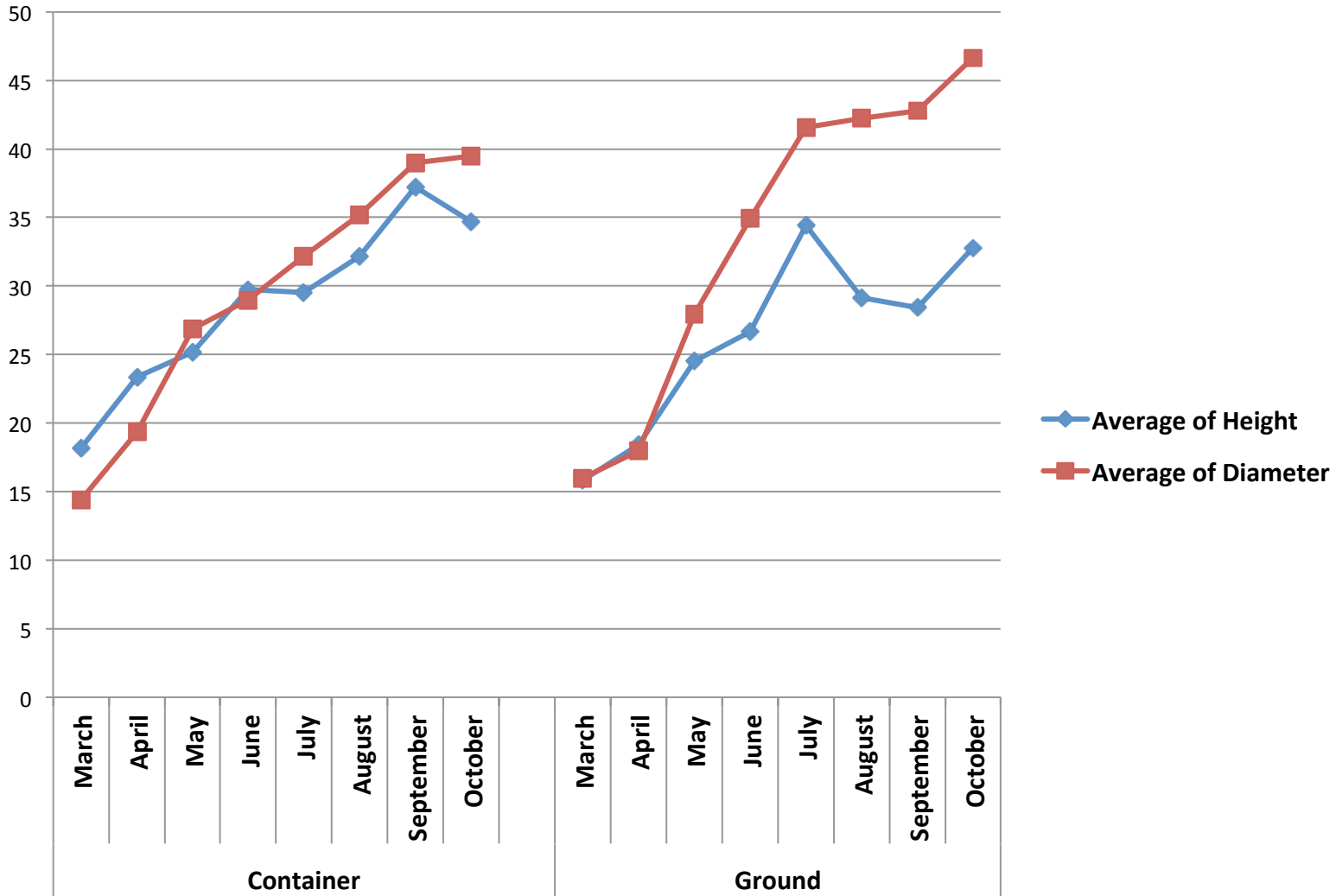


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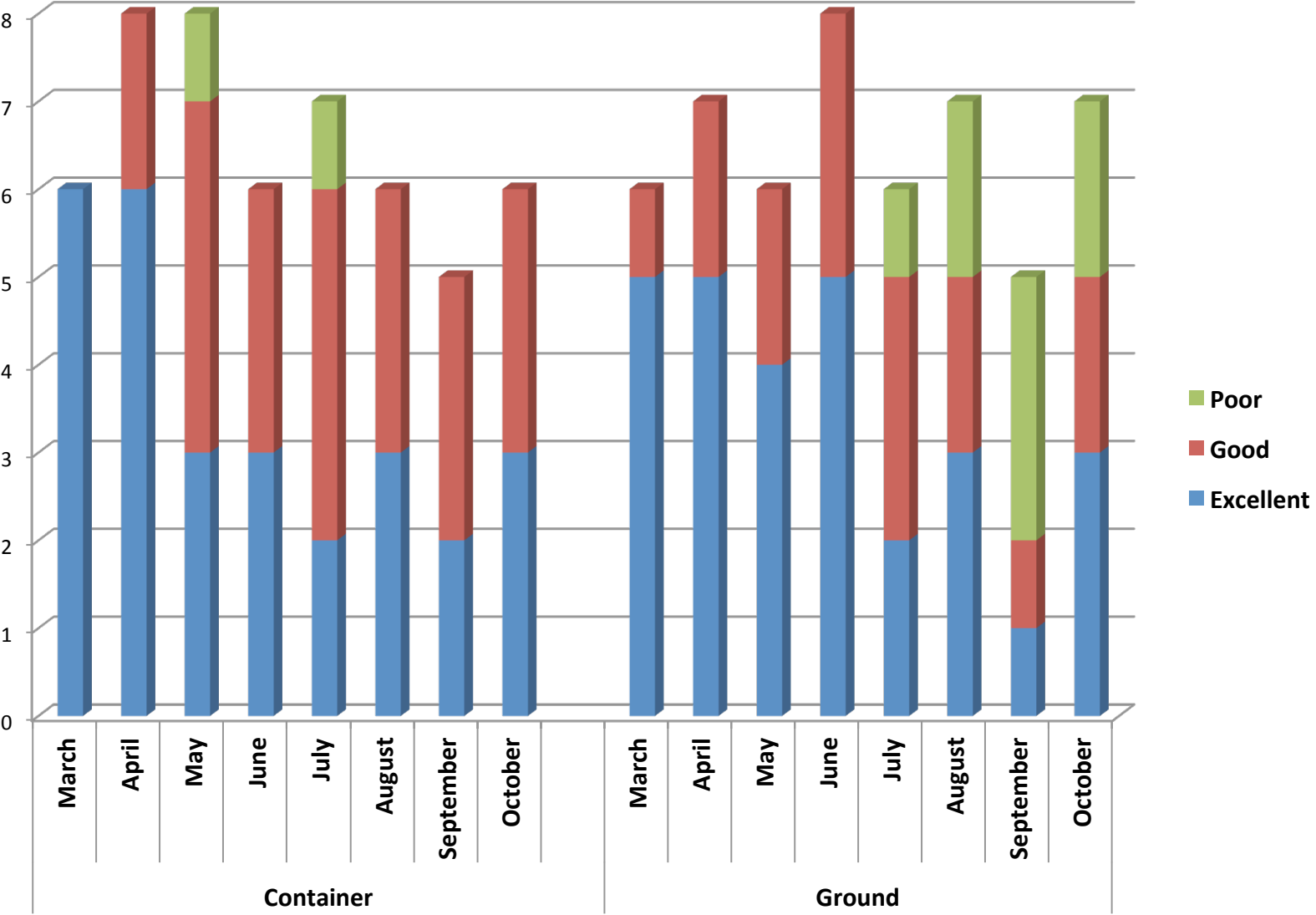


September

Foxtail Growth Rate



Foxtail Overall Rating



Gorizia Photos by Linda Rowlett

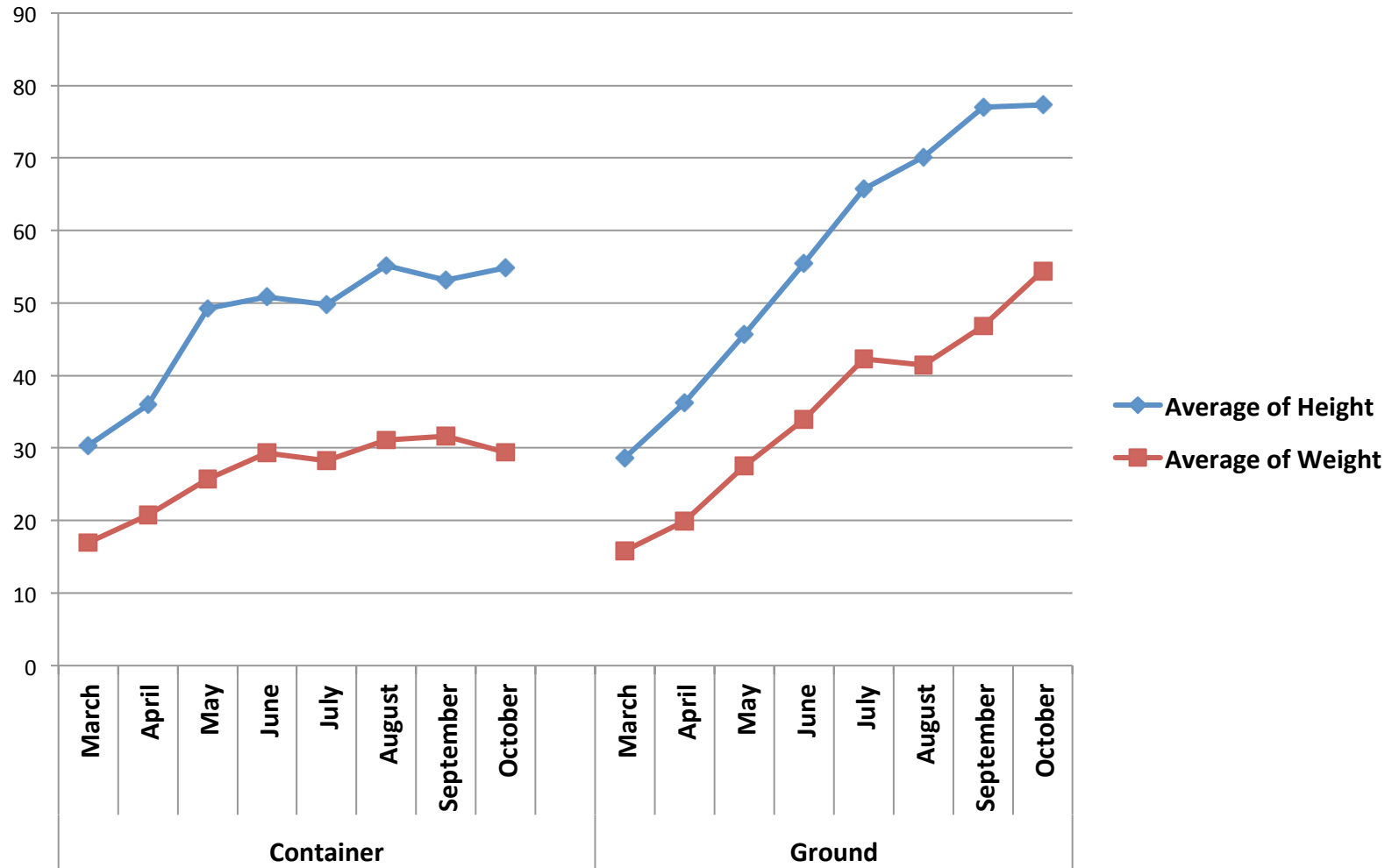


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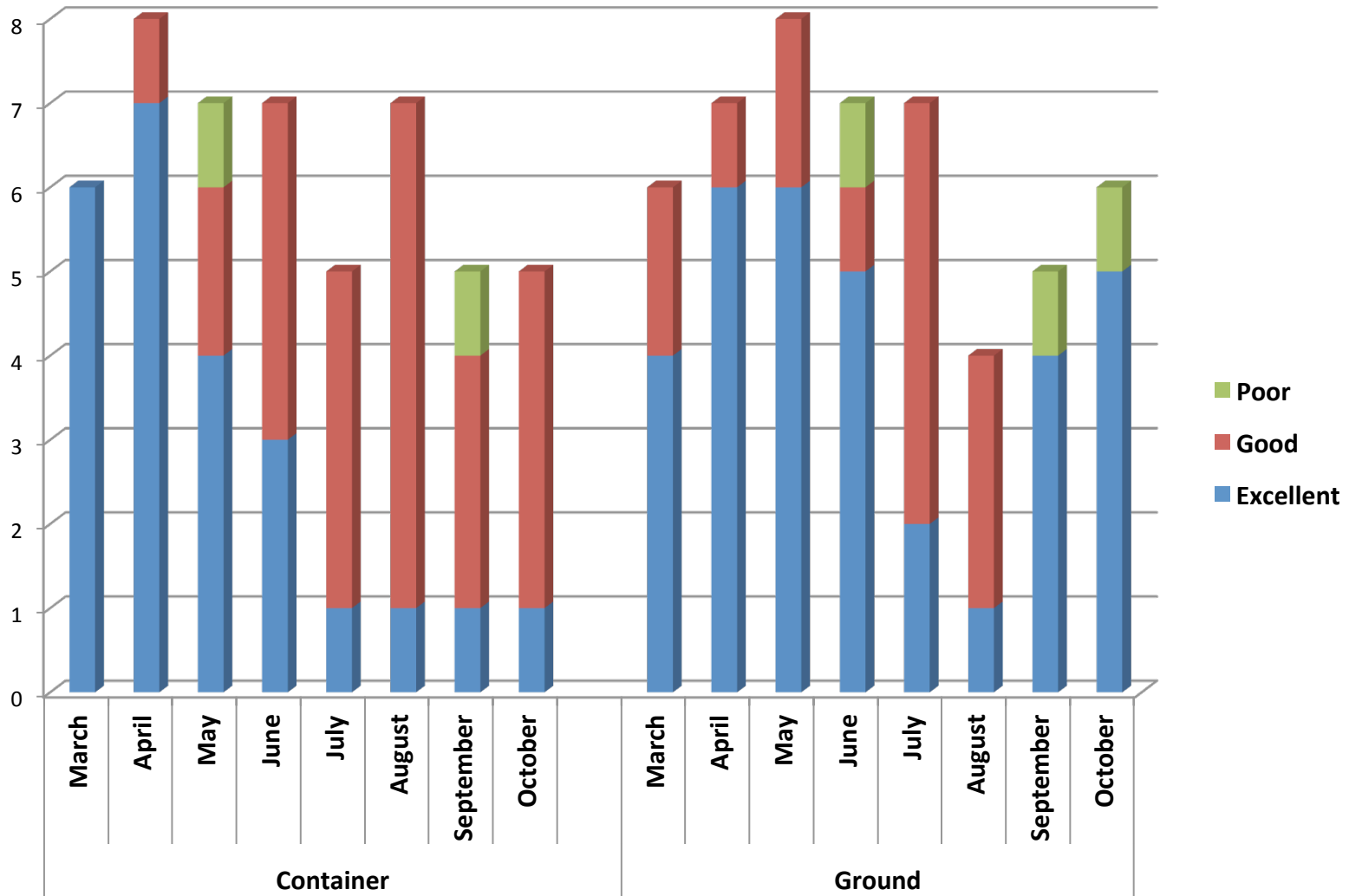


September

Gorizia Growth Rate



Gorizia Overall Rating



Hill Hardy Photos by Irene Spurrier

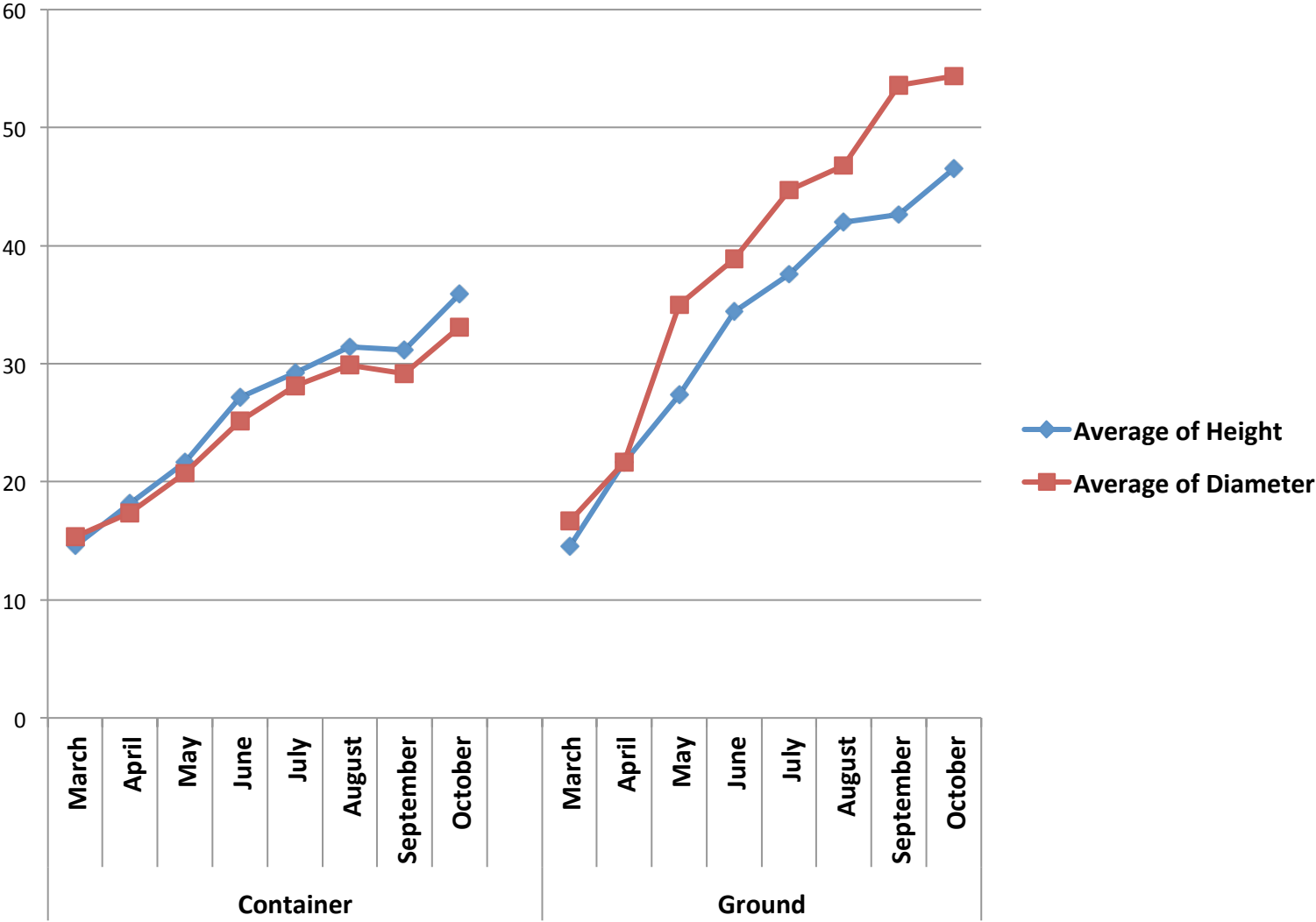


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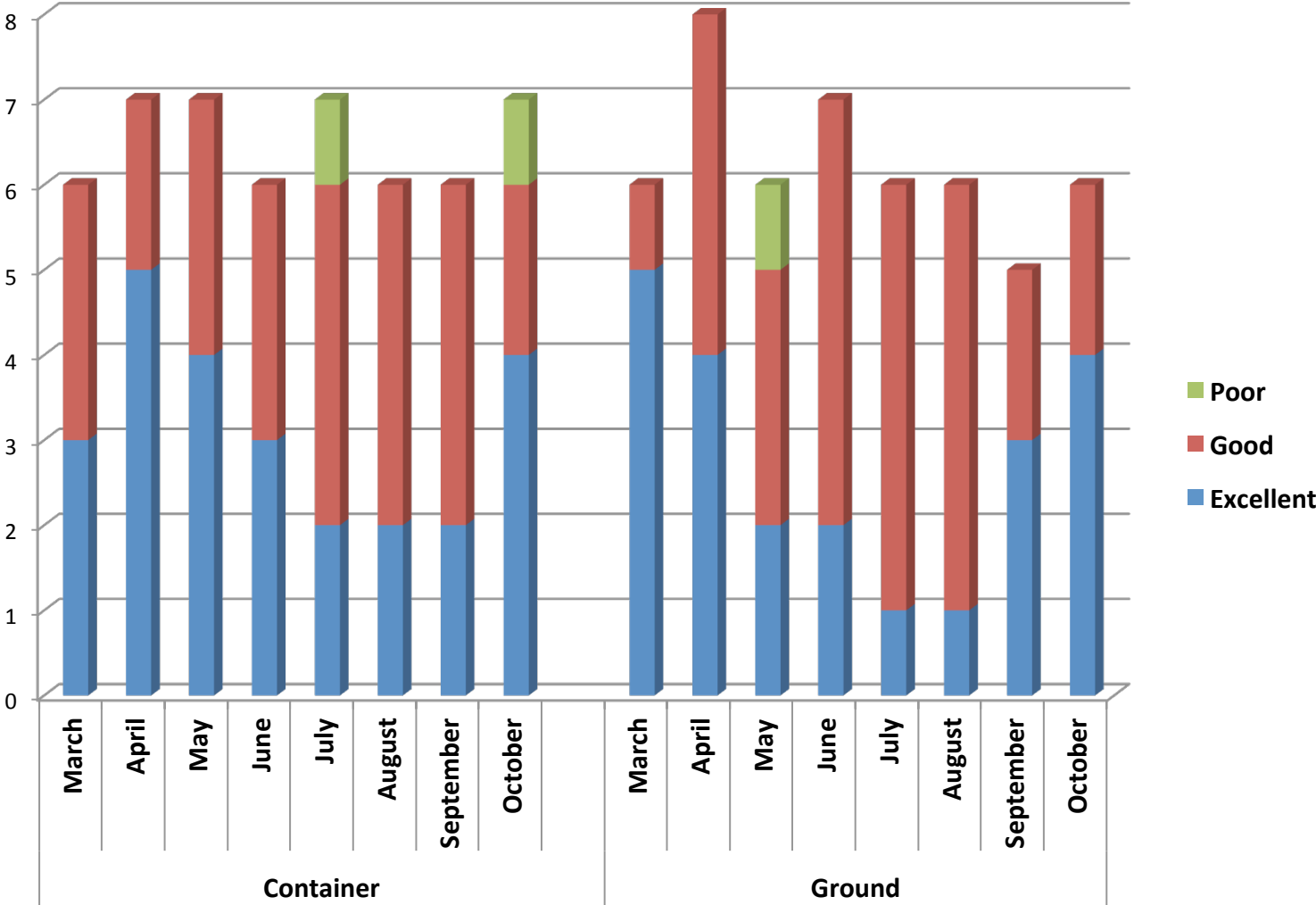


September

Hill Hardy Growth Rate



Hill Hardy Overall Rating



Spice Island Photos by Madeline Johnson

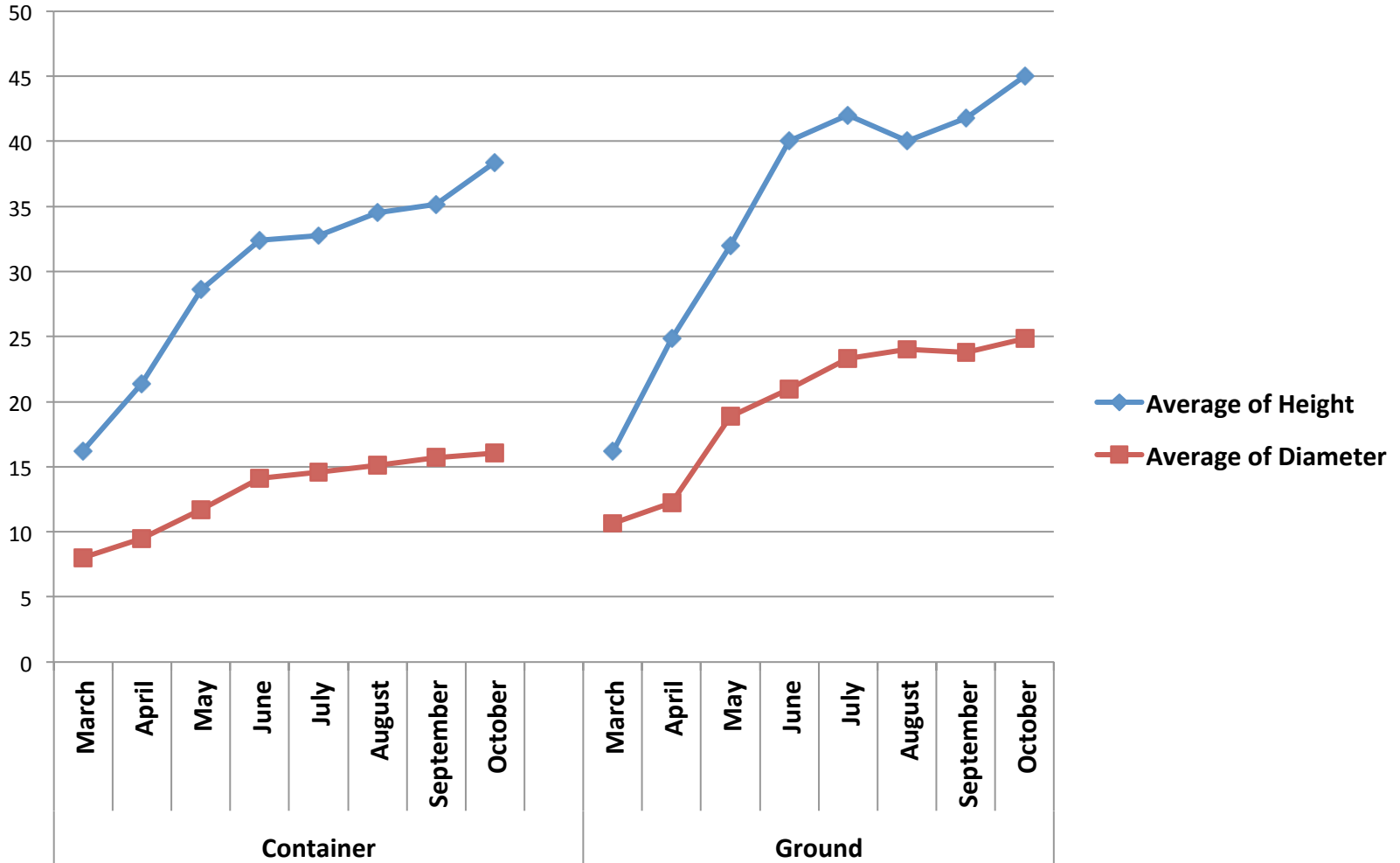


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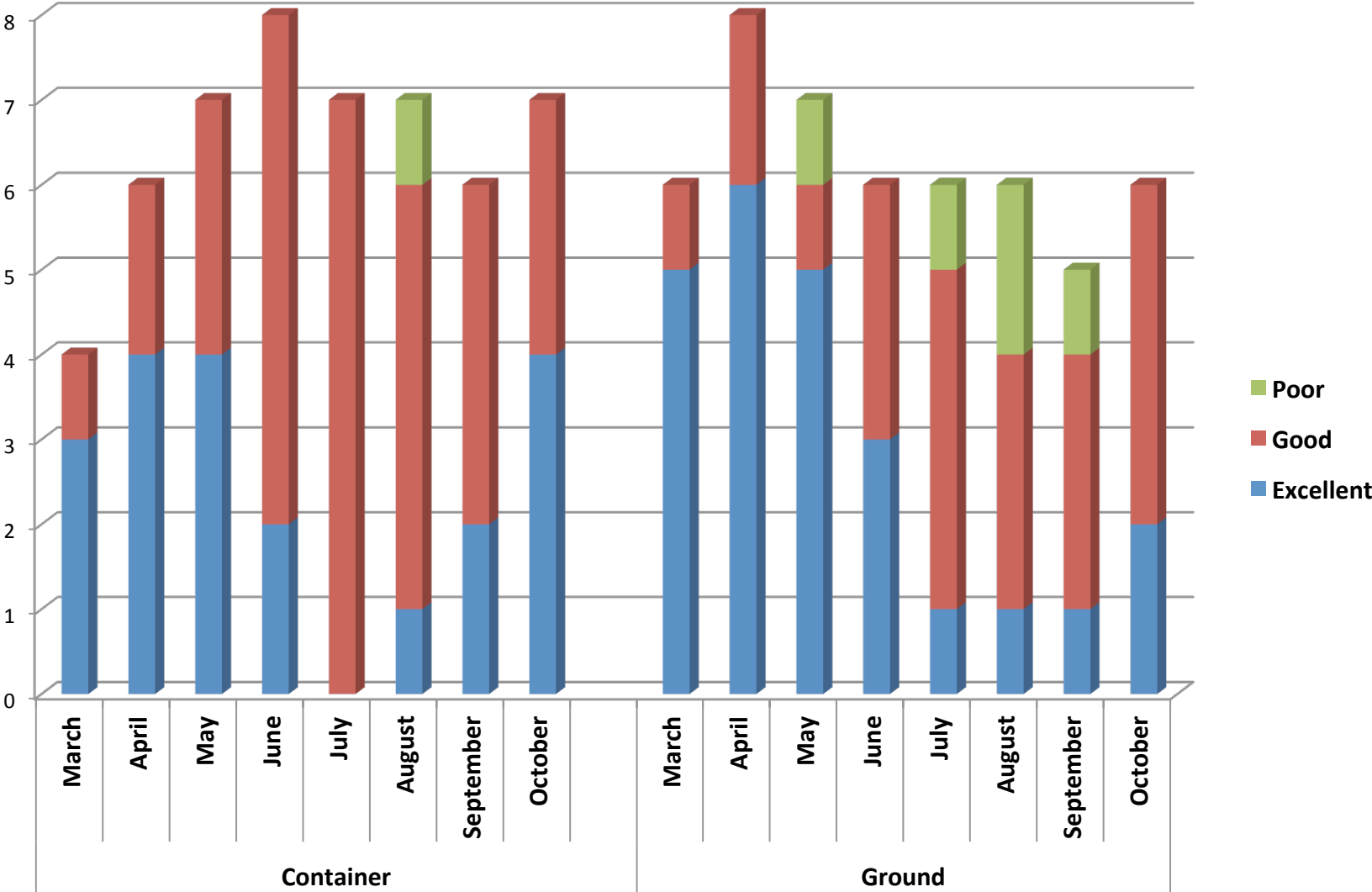


September

Spice Island Growth Rate



Spice Island Overall Rating



Tuscan Blue Photos by Phoebe Lake

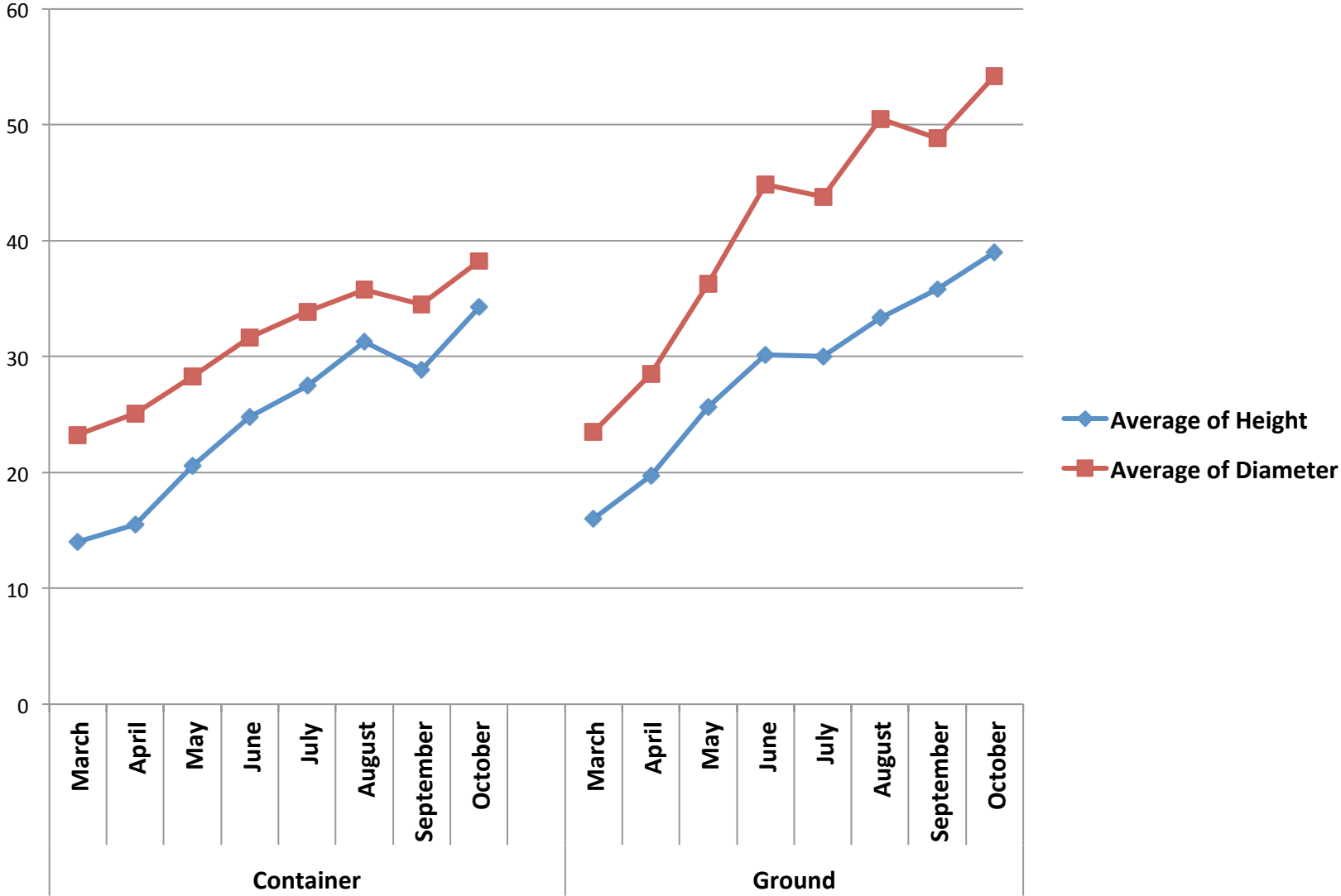


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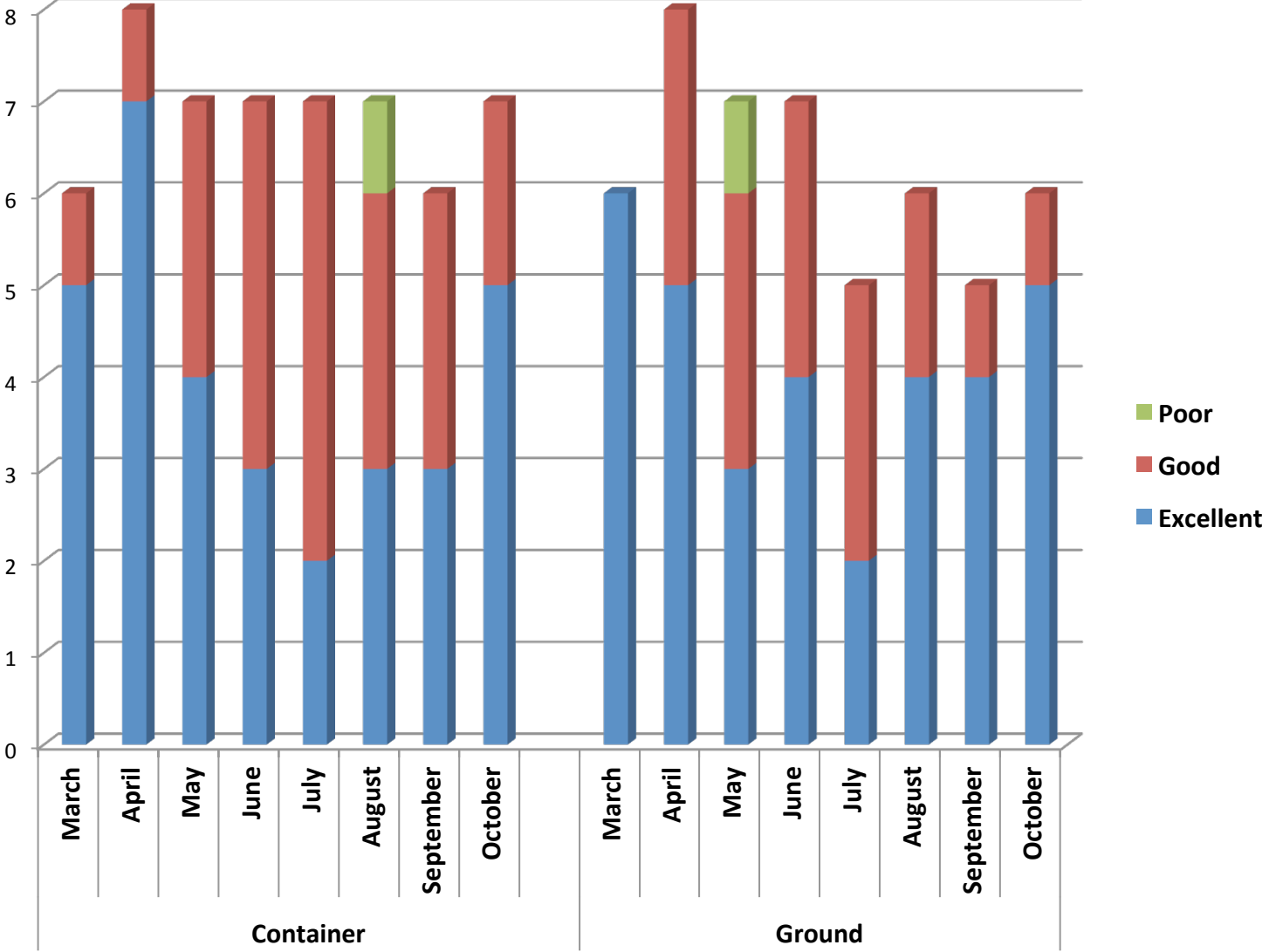


September

Tuscan Blue Growth Rate



Tuscan Blue Overall Rating



Casualties

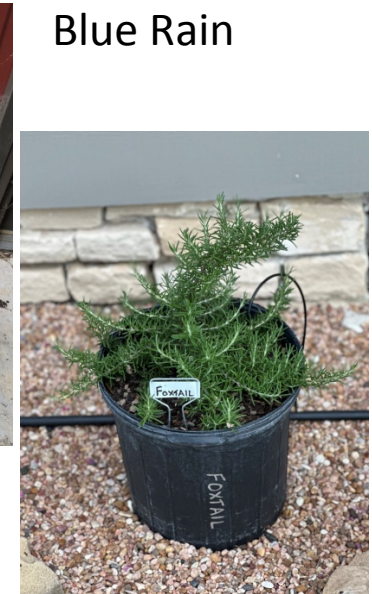
(out of 18)

Variety	Reported Deaths
Arp	4
Blue Lady	4
Blue Rain	4
Foresteri	7
Foxtail	1
Gorizia	2
Hill Hardy	2
Spice Island	2
Tuscan Blue	1



Recommendations

- Best for containers
 - Blue Rain
 - Foxtail
 - Spice Island
- Hates containers
 - Gorizia
 - Hill Hardy
 - Arp



Spice Island

Foxtail



Gorizia



Hill Hardy



Arp

Comments

Horticulture Study Group