

# Rosemary- *Rosmarinus officinalis* 'Arp'

Some of the most interesting and unique health benefits of rosemary include its ability to boost memory, improve mood, reduce inflammation, relieve pain, protect the immune system, stimulate circulation, detoxify the body, protect the body from bacterial infections, prevent premature aging, and heal skin conditions.

Rosemary has a warmer, bitter, and more astringent taste that gives wonderful flavor to soups, sauces, stews, roasts, and stuffing. It is particularly prevalent in Italian cultural cuisine.

