



ROSEMARY

Botanical Name: Rosmarinus officinalis

Common Name: Rosemary

Medicinal part: Leaves

Description: Rosmarinus officinalis, commonly known as rosemary, is a woody, perennial herb with fragrant, evergreen, needle-like leaves and white, pink, purple, or blue flowers, native to the Mediterranean region. It is a member of the mint family Lamiaceae, which includes many other herbs. The name "rosemary" derives from the Latin for "dew" (ros) and "sea" (marinus), or "dew of the sea". The plant is also sometimes called anthos, from the ancient Greek word ἄνθος, meaning "flower".



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