

# Harvest of the Month



Rosemary



## FUN FACTS:

Rosemary is a perennial herb with fragrant, flat evergreen, needle-like leaves.

It has a bittersweet, lemony, slightly piney flavor, that makes a delicious tea!

Rosemary helps aid in improving digestion and enhancing memory and concentration.

Rosemary is best paired with roast chicken, lamb, pork, grilled fish, beef and potatoes.

This institution is an equal opportunity provider.

