

Harvest of the Month

Rosemary

Calories

11

Total Fat

0g

1
Tbs

Sodium

2mg

Sugars

0g

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 fine tea!

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

Adding a few sprigs to your olive oil gives it extra flavor. Pair rosemary with roast chicken, lamb, pork, and beef. It is delicious in soup, vegetables, baked goods, and butter.

This institution is an equal opportunity provider.

