

Rosemary



Uses	Rosemary, not only used in cooking, has been linked to various medicinal benefits, including improved memory, reduced stress, and potential support for the circulatory and nervous systems. Also used for hair health and colour.
Warnings	While rosemary is generally safe in culinary amounts, excessive use, especially concentrated forms like essential oils, can lead to side effects like allergic reactions, gastrointestinal issues, seizures, skin irritation, and potential blood clotting problems
Soil	Rosemary thrives in well-drained, loamy soil with a slightly acidic to neutral pH (between 6.0 and 7.0)
Sun	Rosemary thrives in full sun, needing at least 6-8 hours of direct sunlight daily. It tolerates some shade, but won't thrive or flower as well without ample sunlight
Temp.	Rosemary thrives in warm conditions, typically preferring temperatures between 13-27°C, and can tolerate occasional frosts, but prolonged exposure to freezing temperatures can damage it
Water	Rosemary is drought-tolerant once established and prefers dry soil, requiring watering only when the top few inches are dry, especially in containers. Established plants in the ground need little watering beyond rainfall, while container-grown plants may need watering once a week or every other week, depending on the weather

Care Tips	To promote bushy growth, cut back after flowering in early summer
Pests	Spider mites, aphids and mealy bugs. Good hygiene is the best defence. Use Garlic, chilli or neem spray to repel these pests.
Disease	The most common problem for rosemary is powdery mildew, which typically affects plants that are too wet or have insufficient light and/or circulation. Stagnant air can allow mold and mildew spores to settle on plant leaves, The same overwatering can also cause root rot or leaf rot, always allow the soil to dry before watering again.
Propagate	To propagate rosemary, take stem cuttings from new, healthy growth, either rooting them in water or directly in soil, and then transplant them when roots form
Harvest	To harvest rosemary, snip off stems as needed, aiming for the soft, new growth in summer for the best flavor, and ensure you're cutting above the woody area. You can use the leaves fresh or dried, and drying involves hanging sprigs in a warm, dark, well-ventilated place.
Store	To store rosemary fresh, you can refrigerate it for 2-4 weeks, freeze it for up to a year, or dry it for longer storage
Science	https://www.medicalnewstoday.com/articles/266370