



MAY 2026

ROSEMARY



Each month from February to November, we'll offer a free "take-and-make" spice kit highlighting a different spice, herb, or blend. Each kit includes a small portion of the featured spice, enough for the suggested recipes on the back page. Kits will be available starting the first Monday of the month at the Adult Services desk at both Harnish and Eastgate branches. Supplies are limited. Please take one kit per household. After trying the recipes, we'd love to hear from you! Share your photos, tips, or feedback at info@aapld.org.

Rosemary (*Salvia rosmarinus*) is a fragrant evergreen herb native to the Mediterranean region and a member of the mint family. It is recognized by its narrow, needle-like leaves, woody stems, and strong pine-like aroma. It grows best in sunny, warm climates and is commonly cultivated in gardens as both a useful herb and an ornamental plant.

Culinary Uses Rosemary is widely used in cooking because of its bold, earthy, slightly peppery flavor. It pairs especially well with roasted potatoes, vegetables, chicken, lamb, pork, and beef. It is also commonly added to breads such as focaccia, soups, stews, marinades, and infused oils. Fresh rosemary is often preferred for roasting and grilling, while dried rosemary works well in slow-cooked dishes. Whole sprigs can be added to sauces or roasted dishes for flavor and removed before serving, while chopped leaves can be mixed directly into recipes.

Health Benefits Rosemary contains antioxidants and compounds such as rosmarinic acid that may help reduce inflammation and protect cells. It has traditionally been used to aid digestion and improve circulation. Some studies also suggest its aroma may support memory, focus, and alertness.

Cultural Facts Rosemary's name comes from Latin words meaning "dew of the sea," likely referring to its coastal Mediterranean origins. In ancient Greece and Rome, rosemary symbolized remembrance, loyalty, and fidelity. It was often used in weddings, funerals, and ceremonies. William Shakespeare mentioned rosemary in Hamlet with the line, "There's rosemary, that's for remembrance." Rosemary plants can live for many years and may grow into large shrub-like bushes. Their small flowers are highly attractive to bees, and rosemary honey is considered a delicacy in some parts of the world.



ALLERGEN WARNING AAPLD is not responsible for any reactions or sensitivities to any spice. Please be aware that spices may contain or come into contact with common allergens like dairy, eggs, soybeans, tree nuts, peanuts, fish, shellfish, or wheat. Stay safe! Cook with caution.



CREAMY DIJON ROSEMARY CHICKEN

Instructions

- ### Ingredients
- 2 large chicken breasts
 - flour for dredging
 - 1 tablespoon olive oil
 - 1 tablespoon butter
 - 1 tablespoon dried rosemary
 - 1/2 cup white wine
 - 3 cloves garlic, minced
 - 3 tablespoons Dijon mustard
 - 1 cup heavy/whipping cream
 - salt & pepper to taste

- Heat the olive oil and butter over medium-high heat in a large skillet.
- Cut the chicken breasts in half lengthwise so you're left with four thinner cutlets. Dredge each piece in flour.
- Fry the chicken for 5 minutes per side and then remove it from the pan and set it aside.
- Add the rosemary to the pan and cook for a minute.
- Add the wine, garlic, and Dijon mustard. Stir until you have a smooth sauce, and then add the heavy cream and chicken back in the pan.
- Cook for another 8-10 minutes over medium-low heat until the chicken is cooked through and the sauce has thickened. Season with salt and pepper as desired.

Source: <https://www.saltandlavender.com/creamy-dijon-rosemary-chicken/>



ROSEMARY ROASTED POTATOES

Instructions

- ### Ingredients
- 2 pounds red potatoes
 - 1 tablespoon dried rosemary
 - 1/2 large lemon, thinly sliced
 - 2 tablespoons olive oil
 - 1/2 teaspoon garlic powder
 - 1 teaspoon kosher salt
 - Fresh ground black pepper

- Preheat the oven to 450 F.
- Wash the potatoes, then dice them into 1/2 to 3/4 inch cubes.
- In a large bowl, stir together potatoes, olive oil, garlic powder, kosher salt, and ground black pepper.
- Line a baking sheet with parchment paper or aluminum foil. Spread the potatoes in an even layer on the sheet. Top with the lemon slices and sprinkle with rosemary.
- Roast for about 30 to 40 minutes, until potatoes are cooked through and browned, stirring once .

Source: <https://www.acouplecooks.com/rosemary-roasted-potatoes/>