



Herb, Rosemary

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA , Mexico

Receiving Information:

- Good quality herbs should exhibit color consistent with variety, hearty aroma, high leaf-to-stem ratio, and leaves that are firmly attached to stems.
- Avoid herbs with brown, black, or bruised leaves. Avoid herbs with limp leaves or that are flowering.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- Fresh herbs are sensitive to ethylene; exposure to the gas may accelerate loss of green color, especially if herbs are also stored in a warm area.
- For best quality, keep herbs away from ethylene-producing and ripening rooms.

- Outside Coloring: Dark green pine needle-like leaves
- Shape: Long stem with thin upright linear pine needle-like leaves.
- Scientific Name: Rosemarinus officinalis.
- Usage: Rosemary is a versatile, aromatic herb and is used in a wide variety of dishes including fruit salads, soups, vegetables, meats (especially lamb), fish, eggs, stuffings, dressings, and even desserts. It is good in scones, breads and biscuits.
- Flesh Description: Small pine-needle-like tough leaves; small, delicate blue flowers.
- Taste: Strong, bittersweet, slightly piney flavor with camphor notes.
- Skin Texture: The leaves are miniature pine needles; tough smooth surface.

Nutrition Facts

Serving Size: 1 teaspoon

Amount Per Serving

Calories 1	Fat Calories
% Daily Value*	
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0 g	
Protein 0 g	0%
Potassium 5 mg	0%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000-calorie diet.