



HARVEST OF THE MONTH

NOVEMBER 2020

ROSEMARY



VARIETIES

The best varieties for cooking

Benenden
Blue

Flora
Rosa

Tuscan
Blue

Majorca
Pink

FAST FACTS



Rosemary is an aromatic- it has a pleasant and distinctive smell.



Rosemary is full of antioxidants to help boost the immune system



Rosemary helps to improve memory performance! It has been known to boost alertness, intelligence and focus.



There are many ways to enjoy rosemary: sweet or savory dishes and beverages

IDEA FARM

IDEA Farms has been hard at work growing Rosemary since October!

We are eagerly waiting for our farms to Harvest the Rosemary in November to be used in our Thanksgiving Meal for the Savory Rosemary Stuffing!

