

# Rosemary Tea

From *Alchemy of Herbs*, Rosalee De La Foret

This perfect cup of rosemary tea requires a very short steeping time, which will bring out the aromatics but not the tannins and bitters, making for a lighter, more pleasant taste.

- Approx. 1 Tbl fresh or dried rosemary leaves
- Approx. 1 cup water

Place your rosemary leaves in a tea mug. There is no need to chop them.

Boil 1 cup water, then let the water cool to 185 degrees. Pour water over the rosemary and infused, cover, for 3-4 minutes. Strain and enjoy.

Note: Do not use water hotter than 185 degrees and the heat will destroy some of the aromatic qualities.



## Rosemary-Infused Honey

From *Herbal Kitchen*, Kami McBride

This honey is delicious in salad dressings, stirred into tea, or as a hair conditioner. To use as hair conditioner, wet your hair and smother your head with honey. Leave honey on for about 1 hour, rinse thoroughly, then wash hair as you normally would.

- 1 cup honey
- 1/4 cup powdered rosemary

Put honey in a clean and sterilized jar. Put the jar in a double boiler over low heat.

Gently heat for 15 minutes or until honey is warm and appears easy to stir. Do not boil or overheat honey.

Stir the powdered herbs into the honey. Remove jar of honey from double boiler and let cool.

Let honey sit and infuse out of the heat and light for about 2 weeks, stirring occasionally.



# Rosemary Tapenade

From *Alchemy of Herbs*, Rosalee De La Foret

Tapenades are a traditional French preparation that combines a blend of olives and herbs to make a savory, salty spread. It's served before or alongside a meal and is wonderful spread on a baguette.

- 2 cups high-quality pitted olives stored in oil
- 1 Tbl capers
- 2 anchovy filets preserved in olive oil
- 2 Tbl lemon juice
- 2 Tbl roasted tomatoes
- 3 garlic cloves
- 1 1/2 Tbl minced fresh rosemary
- Approx. 2 Tbl olive oil



Place all ingredients except olive oil in a food processor or blender. Process until thoroughly mixed and olives are broken into small but discernible chunks.

Slowly add oil into the mix, continuing to blend until mixture forms a thick paste.

Serve with bread, crackers, on veggies, or meats. Will keep refrigerated about 1 week.