

UPRIGHT ROSEMARY

- TYPE:** Annual
- SUN:** Full Sun
- HEIGHT:** 1 to 4 feet
- GROWING IT:** Well drained soil. Protect or shelter in cold areas. Prune after flowering to encourage bushy growth.
- PARTS USED:** Leaves, sprigs, flowers.
- HARVEST:** Pick leaves as needed; pick flowers as needed when in bloom.
- CULINARY:** Rosemary can be used with meats, poultry, fish, and potatoes. Also try it in butters, cheese, breads, marinades, soups, vinegars, and teas. Use in vinegar or oil. Flowers can be used in salads and fruit desserts.

TRY IT!

RACK OF LAMB WITH HERB & MUSTARD CRUST

- 2 slices of bread
- 2 Tbs. fresh parsley, chopped
- 1 Tbs. fresh rosemary, chopped
- 2 Tbs. fresh basil, chopped
- 1 clove garlic, minced
- 2 racks of 8 lamb chops
- Olive oil
- 3 Tbs. Dijon mustard

Tear bread into pieces and place in food processor. Add parsley, rosemary, basil, and garlic. Pulse to make fine crumb mixture. Heat oil in heavy bottomed frying pan and sear lamb on all sides. Brush mustard over lamb, then press into bread crumb mixture. This can be done ahead of time. Preheat oven to 400 degrees F. Roast for 20-30 minutes for medium rare. Remove from oven and rest lamb for 5 minutes before carving into chops.

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UPRIGHT ROSEMARY, cont.

FRESH MINT PESTO

- 2 c. fresh spearmint
- ¼ c. onion, chopped
- ¼ c. lime juice
- 2 Tbs. white wine vinegar
- 2 Tbs. sugar
- ¼ c. fresh parsley, chopped

Combine ingredients in blender or small food processor and puree. Chill and serve with lamb.

