

**Rosmarinus prostratus ’Tony’**

Groundcover Rosemary

Rosmarinus officinalis is the ‘smart’ name for good old Rosemary...the herb responsible for the delicious scent when paired with roast lamb. It is an easy to grow, must have shrub in your garden and will be appreciated for its foliage, aroma and culinary uses.

 *Rosmarinus prostratus ‘Tony’* has dark green needle-like leaves that have a rich pine-like fragrance. It is a flat growing, perennial herb that has pale blue flowers in summer and a cascading growth habit. This makes it ideal for hanging baskets, containers or embankments.

Rosemary is evergreen and fast growing. It grows in the full sun or part shade and has clear blue flowers in the summer and autumn. Rosemary does need to be watered regularly until established but once established it is truly water-wise. Rosemary is able to flourish in most soil types but performs best in a well drained soil.

As a culinary herb, Rosemary is used to flavour both lamb and chicken dishes. As a medicinal herb it is rich in antioxidants, has anti-inflammatory compounds and helps the immune system and blood circulation. It also said to improve digestion and enhance memory and concentration.

Rosemary plants are generally low maintenance; easy to grow and water-wise. They can easily be pruned to keep neat and tidy and are perfect for farm yard or rural gardens as they are not a favourite for rabbit and buck. They are excellent in seaside gardens as they cope with coastal and windy conditions yet are able to handle a light frost, heat or humidity. Why not plant them near the kitchen door or around the braai area for easy cooking access!