



Rosemary Essential Oil

RECIPE BOOK





ROSEMARY ESSENTIAL OIL



A member of the mint family, *Rosmarinus officinalis* is a highly aromatic shrub that is most widely known for its use in traditional dishes like potatoes, stuffing, lamb, turkey, chicken, and more. Ancient people like the Egyptians, Romans, Hebrews, and Greeks considered rosemary to be sacred, and it was often used by healers in these early cultures. Native to Mediterranean areas, this fragrant plant produces leaves from which Rosemary oil is extracted.

Chemistry of Rosemary Oil

Main Chemical Components: 1,8-Cineole, α -pinene, camphor

Rosemary includes the chemical constituents 1,8 Cineole and alpha pinene, which are generally known for their renewing properties. The chemical makeup of Rosemary oil contributes to its ability to repel insects and to affect mood. Pinene and camphor are the monoterpenes responsible for Rosemary oil's ability to deter insects. These chemicals are also what make Rosemary oil so stimulating—allowing it to have enhancing effects on mood. Much like the oil's uses, the chemical profile of Rosemary oil is extremely diverse.

Enjoy the recipes on the following pages using Rosemary Essential Oil.



ROSEMARY MASHED POTATOES

Try out this delicious Rosemary Mashed Potato recipe tonight with dinner, it will complement almost any dinner and the family will love it!

Servings: 4-6

Ingredients

- 4 medium Yukon gold potatoes
- 2 tablespoons butter
- 2 tablespoons oil
- 1 small red onion, chopped
- 2 cloves garlic, minced
- 2 drops Rosemary essential oil
- ½ cup milk
- Salt, to taste
- Pepper, to taste

Instructions

1. Place potatoes in a pot with enough salted water to cover. Cook for 30 minutes or until tender and drain.
2. Add butter to potatoes and set aside.
3. Add oil, garlic, and onions to the skillet and cook until tender.
4. Mash potatoes with onion mixture, milk, Rosemary essential oil, and salt and pepper to taste.

Tip: Add more butter for additional flavour.



ROSEMARY ZUCCHINI FETTUCINE

Summer produce meets fall flavour in this easy, healthy recipe. It is infused with Rosemary essential oil, which is helpful for boosting energy, reducing nervous tension, and aiding digestion. This makes for one comforting dinner that will leave you feeling satisfied.

Ingredients

- 1 10-ounce package frozen butternut squash
- 3 tablespoons coconut oil, divided
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- 1 sprig fresh Rosemary (optional)
- 1/2 cup full-fat canned coconut milk
- 1/2 cup vegetable broth
- 1/2 teaspoon sea salt
- 1 pound tomatoes, diced
- Pinch of sugar (to cut acidity of tomatoes)
- 3 pounds zucchini, spiralised
- 1 drop Rosemary essential oil
- Freshly-ground black pepper to taste

Directions

- Preheat oven to 375 degrees F.
- Grease a baking sheet with 1 tablespoon of coconut oil and then lay butternut squash on sheet pan. Roast for 30-45 minutes until squash is tender and can easily be pierced with a fork. Let cool.
- Add 1 tablespoon of coconut oil in a pan over medium heat.
- Add the onions and garlic and saute for 3-5 minutes.
- Add the sauteed garlic and onions, rosemary, Rosemary essential oil, coconut milk, broth, and salt to the blender. Blend until smooth. Add the remaining coconut oil to a large pan. Add the tomatoes and saute for 2 minutes.
- Add the zucchini and cook for about 3 minutes, until zucchini is almost tender.
- Add the sauce to the pan and continue to cook until ready.
- Garnish with freshly-ground black pepper and serve hot.



STRAWBERRY ROSEMARY CROSTATATA

Ingredients

Pastry

- 2 cups all-purpose flour
- 4 tablespoons sugar
- ½ teaspoon kosher salt
- ½ pound (2 sticks) very cold unsalted butter, diced
- 4 tablespoons ice water

Filling

- 4 cups strawberries, rinsed, hulled, and halved (quarter the big ones)
- ¼ cup sugar
- 2 tablespoons strawberry jam
- 3 tablespoons cornstarch
- Pinch of salt
- 2–4 drops Rosemary oil

Egg wash

- 1 egg
- 1–3 teaspoons water

Instructions

- For the pastry, place the flour, sugar, and salt in a food processor fitted with a steel blade. Pulse a few times to combine. Add the butter and pulse 12–15 times, or until the butter is the size of peas. With the motor running, add the ice water all at once through the feed tube. Keep hitting the pulse button to combine, but stop the machine just before the dough becomes a solid mass.
- Gather up the dough and form into two one inch-thick disks. Wrap in plastic and refrigerate for at least an hour or up to two days.
- Preheat the oven to 450° F. Mix berries with sugar, cornstarch, jam, salt, and Rosemary oil. Let sit for about 20 minutes for flavours to combine.
- Meanwhile, flour a rolling pin and roll each pastry into a on a lightly floured surface. Transfer it to a baking sheet. Make the egg wash by whisking together the egg and water.
- Fill the crusts with the berry mixture. Sprinkle fresh rosemary on top if desired. Gently gather and pleat the overhanging crust to enclose the dough into rustic circle. Brush with egg wash.
- Bake the crostata for 30–60 minutes, or until the crust is golden and the filling bubbling. Allow to cool before serving.

Tip: Garnish with fresh rosemary if desired.



CRISPY BAKED FRIES WITH ROSEMARY ESSENTIAL OIL

Ingredients:

- 3 large russet potatoes (roughly peeled and cut into even wedges or thin strips)
- 2–3 Tbsp of olive oil to lightly coat the pan
- 1 drop of Rosemary essential oil
- 1 Tbsp of olive oil (to coat the fries)
- Sea salt and pepper (to taste)
- 1 large handful fresh rosemary
- 2–3 cloves of fresh garlic (minced)

Instructions:

1. Preheat the oven to 245° C
2. Place the potato wedges in hot water to soak for 15 minutes then drain. Dry the potatoes thoroughly with paper towels, or a clean dishtowel.
3. Put the potato wedges in a bowl and drizzle them with one-tablespoon of olive oil with a drop of Rosemary essential oil. Add salt, pepper and then toss the ingredients together to combine the flavours.
4. Lightly coat a rimmed baking tray with oil and drain away any excess. Transfer the wedges to the baking tray and arrange them in flat single rows to cover the breadth of the tray.
5. Cover the tray with foil and bake the wedges for 5 minutes. Then remove the foil from the tray and bake the wedges for a further 15 minutes.
6. Remove the tray from oven and turn the individual wedges over using a spatula.
7. Place the wedges back in oven to cook for 15 minutes. Keep turning until they are golden brown and crispy if necessary.
8. Season the fries with additional salt to taste. Add the minced garlic and fresh rosemary while the fries are still hot. Toss the fries once more and serve them immediately.



ROSEMARY LEMON HUMMUS

Ingredients:

- 1 can organic chickpeas ($\frac{1}{2}$ liquid drained)
- 2 garlic cloves, peeled
- 2 tablespoons organic cold pressed olive oil
- 2 tablespoons Tahini
- Juice of $\frac{1}{2}$ lemon
- 2 drops Lemon essential oil
- 1 drop Rosemary essential oil
- 1 teaspoon Himalayan sea salt

Directions:

- Blend all ingredients in food processor until smooth.
- Chill in refrigerator 30 minutes and serve with sliced organic cucumbers, carrots, cherry tomatoes, and crackers.

Tip: Add more olive oil or water to achieve desired consistency



BREAKFAST QUICHE

Ingredients

- 1 quiche crust, homemade or pre-made
- 1 small or medium zucchini, cut into ¼ inch rounds
- 1 small or medium yellow crookneck squash, cut into ¼ inch rounds
- 1 cup steamed broccoli florets
- 1 cup steamed cauliflower florets
- 1-2 tablespoons butter
- 2-ounces feta cheese
- 1-2 Roma tomatoes, cut into ¼ inch half moons
- 6 large eggs
- ½ pint whipping cream
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- ¼ to ½ teaspoon hot sauce
- 1-2 drops Thyme oil
- 1 drop Rosemary oil

Instructions

1. Preheat oven to 350° F
2. Precook and prepare crust in a quiche/ tart pan
3. Bake crust until golden brown and let cool completely.
4. While crust is baking, cut vegetables and cook for about five minutes.
5. In a medium skillet, melt butter and add all precooked vegetables, coat with butter, remove from heat, and let cool to room temperature.
6. Whisk together eggs, whipping cream, salt, pepper, hot sauce, and essential oils in bowl.
7. Add vegetable mixture to crust.
8. Top with crumbled feta cheese.
9. Pour egg mixture into quiche over buttered and cooled vegetables. Arrange tomato slices over top of quiche.
10. Bake at 350° F for 40-70 minutes until egg mixture is golden in colour and set in the middle.
11. Transfer quiche to cooling rack for 15 minutes and enjoy.



HERBAL HAIR SPRAY

Making your own hairspray is easy with essential oils, and it only requires a few simple ingredients that you probably already have at home. This herbal hairspray can easily be customised to your preferences by using your favourite essential oils and adjusting the recipe to create your preferred hold.

Ingredients

- 1 cup water
- 4 teaspoons sugar
- 2 drops Geranium oil
- 2 drops Lavender oil
- 2 drops Peppermint oil
- 2 drops Rosemary oil
- 2 drops Clary Sage oil

Tip: Use more or less sugar depending on how strong you want the hold to be.

Instructions

1. In saucepan, combine sugar and water. Bring heat to boil and stir until sugar dissolves. Remove from heat and cool.
2. Pour essential oil into eight ounce glass fine mist spray bottle and add cooled sugar water.
3. Use as you would any other hairspray.

Note: Feel free to customise the essential oils to your preference. You can use one or all of the essential oils listed above. However, be careful using citrus oils as they can lighten your hair if exposed to UV light.



ROSEMARY HAIR WAX

Hair wax helps add texture and style to men and women's hair. This easy DIY hair wax, made with essential oils, is healthy for the hair and can be enjoyed by those of all hair types.

Ingredients

- 4 ½ teaspoons beeswax
- 1 tablespoon shea butter
- 4 ½ teaspoons Fractionated Coconut Oil
- 10 drops Peppermint essential oil
- 10 drops Rosemary essential oil

Tip: For harder hair wax, use two tablespoons of beeswax and one tablespoon of Fractionated Coconut Oil. For softer hair wax, use four and a half teaspoons of shea butter and two tablespoons of Fractionated Coconut Oil.

Instructions

1. Combine all ingredients, except for essential oils, in glass container.
2. Place jar in saucepan with one to one and a half inches of boiling water.
3. Stir ingredients until melted and thoroughly combined.
4. Remove from heat and let rest for three minutes.
5. Add essential oils and stir.
6. Pour mixture in empty tin or glass jar with lid.
7. Let hair wax rest one to two hours.

To use, apply a small amount to fingers and style as desired. A little wax goes a long way.



ROSEMARY SPEARMINT SOAP

If you've never made your own soap before, you would probably be surprised by how easy it can be. Adding essential oils to homemade soap is a wonderful way to infuse potent, natural fragrances. Not to mention, it allows you to experience any benefits the oils may hold for the skin. The step-by-step instructions for this DIY Rosemary Spearmint Soap are easy to follow, with an end product that smells lovely and refreshing.

Items Needed

- Olive oil melt-and-pour soap base
- Silicone mould
- 15 drops Spearmint oil
- 15 drops Rosemary oil
- Optional: Dried herbs

Instructions

1. Cut off the amount of soap base you want to use and place it into a microwave safe bowl.
2. Melt the soap into liquid form in increments of 30 seconds.
3. Add a handful of dried herbs to the soap mould.
4. Add Spearmint and Rosemary essential oils.
5. Mix together and pour into moulds.
6. Let it sit for an hour.
7. Remove the soap from the mould.

Note: The soap should be good for a few months.



HAIR PERFUME

Hair perfume is a great way to leave those you pass by with the sweet and enticing aroma of essential oils. Lightly spray it on your hair to keep it smelling sweet and fresh. Feel free to switch up the essential oils used in this recipe to create your perfect aroma.

Ingredients

- 1/3 cup rose water
- 1 teaspoon pure vanilla extract
- 5 drops Ylang Ylang oil
- 4 drops Rosemary oil
- 5 drops Sandalwood oil
- 3 drops Lavender oil
- 4 drops Grapefruit oil*

Note: You can purchase rose water at most health food stores in the soap and hygiene aisle.

Instructions

- In fine-mist glass spray bottle, add rose water, vanilla extract, and essential oils. Add more or less essential oils depending on your preference.
- Shake and spray on hair as desired.

*Please note that citrus essential oils are photosensitive and can lighten your hair if exposed to UV rays.



ROSEMARY DIFFUSER BLENDS

Be Alert

1 drop Juniper Berry
1 drop Rosemary
1 drop Lemon
1 drop Cypress

Clover Patch

2 drops Rosemary
2 drops Spearmint
1 drop Wild Orange

Mental Clarity

2 drops Rosemary
2 drops Lavender
3 drops Bergamot

Creativity

2 drops Lemon
3 drops Frankincense
1 drop Peppermint
1 drop Rosemary

Anger Away

3 drops Bergamot
2 drops Rosemary
1 drop Siberian Fir
1 drop Peppermint

Know it all

2 drops Cypress
2 drops Basil
2 drops Rosemary

Memory Booster

3 drops Rosemary
2 drops Lemon
1 drop Basil

Coastal Waters

2 drops Lavender
2 drops Bergamot
1 drop Eucalyptus
1 drop Rosemary

