



Romarin (French), 迷迭香 (mí dié xiāng, Mandarin),  
إكليل الجبل (iiklil aljabal,  
Arabic), romaro (Spanish)



# Rosemary

*a taste of Europe on the Floridian table*

Rosemary is a fragrant evergreen herb used in the Mediterranean for more than 5,000 years. Once sacred to the Egyptians, Greeks and Romans, rosemary is now commonly used in many American recipes as well as an essential oil in home fragrances and cosmetics. The drought-tolerant herb grows well in containers and in the soil of a Florida garden.

To learn more about Florida's  
culinary history, visit  
[floridaheritagefoods.com](http://floridaheritagefoods.com)

Seaside house with marble flowerpots  
full of rosemary and geraniums



# ROSEMARY ROASTED SWEET POTATO FRIES

**60**  
MINUTES  
TOTAL

**3**  
TOTAL  
SERVINGS



## INGREDIENTS

- |   |                                 |
|---|---------------------------------|
| 6 sweet potatoes, peeled and cut into eighths | 2 teaspoons salt                |
| 2 tablespoons olive oil                       | 2 teaspoons ground black pepper |
| 3 tablespoons fresh rosemary                  |                                 |

## DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Place all ingredients in a large bowl and toss well to combine.
3. Coat a large, nonstick baking sheet with vegetable cooking spray.
4. Spread potatoes onto sheet in one layer.
5. Roast for 45 minutes, turning about every 15 minutes, until browned and cooked through.

Recipe adapted from The Florida Keys Cookbook: Recipes and Foodways of Paradise pg. 115

## FACTS

Rosemary was first mentioned in cuneiform texts more than 5,000 years ago. The herb was used in ancient Egyptian burials, and it was extremely popular in Greek and Roman rituals and cuisines. The 9th century French monarch Charlemagne ordered all monastic gardens to include rosemary.

Rosemary is high in calcium, magnesium, potassium, and vitamin A.

For more Florida heritage recipes, visit [floridaheritagefoods.com](http://floridaheritagefoods.com)

**SF** SANTA FE  
COLLEGE