

Propagation of the Medicinal Rosemary Plant and its Effective Use in the Fields

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ABSTRACT

Rosemary is an evergreen shrub with thin, needle-like leaves and a pleasant fragrance. Rosemary is found wild in southern Europe. In regions with a warm climate, rosemary grows in open ground in one place for up to 20 years, reaching a height of two meters. This plant comes from the west of the Mediterranean region. Hence the Latin name of the plant, which translates as "sea freshness." Rosemary, obviously, was spread throughout Europe by the Romans during their campaigns - in Rome, the plant was cultivated as a medicinal and aromatic plant from ancient times.

Application. Rosemary flowers and leaves are used as a spice in cooking. Fresh, slightly bitter leaves exude a clean and bright aroma, reminiscent of a complex mixture of camphor, eucalyptus, pine and lemon. Rosemary is included in the classic French spice mixtures "herbs of Provence" and "bouquet garni", and fragrant vinegar is prepared on its basis.

Rosemary leaves go well with all types of meat. It is widely used in marinating pork, lamb and rabbit meat in order to beat off the specific smell characteristic of these types of meat and give it a peculiar "forest" flavor of game. It is very important that rosemary does not lose its aroma during prolonged heat treatment, so it can be added when frying, stewing or baking foods. Rosemary is added to sauces and soups, and it goes especially well with cheese dishes. A few rosemary leaves can be added to dessert.

Rosemary goes well with various vegetables and potatoes. For example, with rosemary, you can cook a simple and very healthy dish: take large potatoes, wash them thoroughly and cut them into four parts. Then put on a baking sheet, drizzle with olive oil, add rosemary leaves and bake in the oven. So the potato will acquire a rich aroma and retain all the beneficial properties.

In addition, in cooking, oil and salt are perfumed with rosemary. Due to its antioxidant qualities, rosemary serves as a natural food preservative. It is not recommended to use rosemary along with bay leaves, as well as add it to fish dishes and thin marinades - it can "suffocate" their aroma with its thick camphor note.

Properties. The healing properties of rosemary are widely used in traditional medicine. It is used for gastrointestinal diseases, disorders of the nervous system. An infusion of rosemary leaves is used orally for diseases of the upper respiratory tract and asthma, the same infusion can be used

to gargle with inflammatory diseases of the throat. In addition, the infusion enhances heart contractions, briefly increases blood pressure, and has a tonic effect. Rosemary has a beneficial effect on unbalanced people, pregnant women and children, relieves anxiety, insomnia and loss of energy.

Interesting fact. Since ancient times, the Greeks dedicated rosemary to the goddess Venus. It was believed that this plant makes a person cheerful and happy, relieves bad dreams and preserves youth.

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