

We'd love to see your successes (and fun fails)!
Share your photos, opinions, and tips on our
Facebook page. Let's spice things up together!

 @parkcitypubliclibrary
 @park_city_public_library

You can always email your pictures and
thoughts to us at:
librarian@parkcitypubliclibrary.com

*Spice of the Month Kits are free, but supplies
are limited. Please, only one kit per household.*

Check out what's happening at the library!

PUZZLES
and Popcorn
Jan. 9th and 23rd
from 4-5:30pm

Stitch Night
@ the library
Jan. 15th | 4-6pm

parkcitypubliclibrary.com
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Spice of the month CLUB



rosemary

Spice up your life!

The library will have take-and-make
kits to pick up at the beginning of
each month.

Each kit includes:

- Packet of the featured spice
(enough for two recipes)
- Information and fun facts
- Two recipes to try at home

rosemary

The genus name Rosmarinus derives from the Latin words ros and marinus which together translate to “dew of the sea.”

Rosemary is a small evergreen plant of the mint family. Native to the Mediterranean region, rosemary has naturalized throughout much of Europe and is widely grown in warm climate gardens. The leaves have a pungent, slightly bitter taste.

Rosemary is a perennial shrub and usually grows to about 3 feet in height, though some plants can reach up to 6 and a half feet. The small bluish flowers are borne in axillary clusters and are attractive to bees. Rosemary is fairly resistant to most pests and plant diseases, though it is susceptible to certain fungal infections, such as powdery mildew, in humid climates

Fun Facts:

- Greek scholars often wore a garland of the herb on their heads to help their memory during examinations.
- During Medieval times, the French used rosemary to embalm the dead.
- Rosemary has been the subject of many poems and is mentioned in five of Shakespeare's plays.

Info. from *The Herb Society of America*, *McCormick Science Institute*, and *Britannica*.

Instructions:

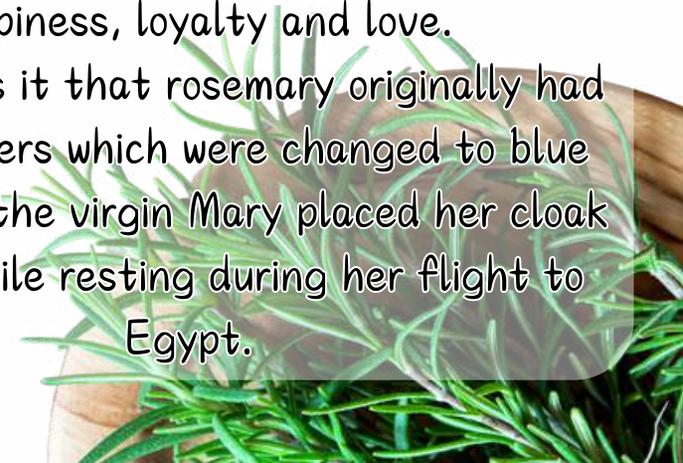
1. Preheat the oven to 400°F.
2. Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, garlic and rosemary; toss until the potatoes are well coated. Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for at least 1 hour, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning.
3. Remove the potatoes from the oven, season to taste, and serve.

Myths and Folklore

A sprig of rosemary was often placed in the hands of the deceased at a funeral because it is a symbol of remembrance.

Brides often wore rosemary at their weddings because it was also a symbol of happiness, loyalty and love.

Legend has it that rosemary originally had white flowers which were changed to blue ones when the virgin Mary placed her cloak upon it while resting during her flight to Egypt.



rosemary roasted potatoes

🕒 Total Time: 1 hr 8 mins

🍽 Servings: 3-4



Ingredients:

- 1 1/2 pounds small red or white-skinned potatoes (or a mixture)
- 1/8 cup good olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoons minced garlic (3 cloves)
- 2 teaspoons rosemary



Recipe from: Food Network

<https://www.foodnetwork.com/recipes/ina-garten/rosemary-roasted-potatoes-recipe-1943124>



Lemon Rosemary Chicken

🕒 Total Time: 25 mins

🍽 Servings: 6

Ingredients:

- 1 1/2 pounds boneless skinless chicken breasts, about 3 chicken breasts
- Kosher salt
- Black pepper
- Extra virgin olive oil
- 2 lemons, divided
- 1/4 cup chicken broth
- 2 teaspoons rosemary
- 4 large garlic cloves, minced
- 1 medium yellow onion, halved and sliced



Recipe from: The Mediterranean Dish

<https://www.themediterraneandish.com/lemon-rosemary-chicken/>



Instructions:

1. **Prep the oven:** Preheat the oven to 400°F and position a rack in the middle.
2. **Slice the breasts into cutlets:** Place the chicken breast flat on a cutting board and position your non-dominant hand on top to hold it firmly. Using a sharp knife, in your dominant hand, carefully slice the chicken breast horizontally starting with the thicker end and all the way through to the thin end. You should end up with two thinner cutlets for each chicken breast half. If the cutlets still need to flatten a bit, cover with plastic wrap and pound with a kitchen mallet (*optional*).



3. **Dry and season the chicken:** Pat the chicken breast cutlets dry and season with kosher salt and black pepper on both sides.
4. **Prepare the baking dish:** In a 9×13 baking dish, add about 3 tablespoons extra virgin olive oil, juice of 1 lemon (leave the second lemon for later), chicken broth, rosemary, and the minced garlic. Mix to combine.

Instructions continued:

5. **Add the chicken cutlets:** Add the chicken breast cutlets to the baking dish and toss to coat with the olive oil and garlic mixture, then add the onion slices and toss again. Cover the baking dish with a large piece of foil, making sure the foil is not touching the chicken.



6. **Bake:** Place the covered dish on the middle rack of your heated oven for 10 minutes, then carefully remove the foil and return the baking dish back to the oven for another 10 to 15 minutes or until the chicken is fully cooked and is no longer pink in the middle. Remove the chicken from the oven when the internal temperature reaches 160°F. Cover and let rest for another 5 minutes and the chicken will come up to 165°F. Cut half of the remaining lemon into slices to garnish the chicken. Squeeze the juice from the other half over the chicken and it's ready to eat!