



## Italian Sweet Rosemary Fizz

By Dylan Sabuco

**Prep Time 5 / Cook Time / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**juice:** to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

### Equipment

- Pitcher
- Cutting board + kid-safe knife
- Citrus juicer (optional)
- Dry measuring cups
- Liquid measuring cup
- Wooden spoon or spatula

### Ingredients

Italian Sweet Rosemary Fizz

- 2 oranges
- 1/2 C sugar
- 3 C sparkling water

□ 1 sprig of fresh rosemary

## Food Allergen Substitutions

Italian Sweet Rosemary Fizz

### Instructions

Italian Sweet Rosemary Fizz

squeeze + measure

Wash and slice **2 oranges** in half and squeeze their juice into the bottom of a pitcher. Then, measure and add **1/2 cup of sugar**. Stir until the sugar is dissolved. Kids can drop the oranges directly into the pitcher to add flavor to the drink.

stir + pour

Measure and pour in **3 cups of sparkling water** and stir to combine. Finally, add 1 sprig of fresh rosemary for added flavor. Stir the mixture a few more times before pouring into your cups. Enjoy! Salute!

### Featured Ingredient: Rosemary!

Hi! I'm Rosemary!

"I'm a fragrant herb with needle-like leaves. I can have blue, pink, purple, or white flowers in the spring and I'm very pretty in gardens. I'm also easy to grow, and garden pests don't care for me too much. My leaves add wonderful flavor to your recipes! You can use them dried or fresh, in breads, roast vegetables or meats, soups, and more, and I taste great in drinks like lemonade. Once you've met me, you'll definitely recognize me from then on!"

History

Rosemary is an herb commonly used to flavor foods.

The Romans brought rosemary to England in the eighth century. This herb originally came from the Mediterranean region—the sea cliffs of Italy, France, Greece, and Spain. Ancient Greeks and Romans used rosemary for medicine and cooking!

The ancient Greeks believed that rosemary was a magical plant that could improve their memory!

Rosemary was a token of love and loyalty. During the English Tudor era, rosemary represented fidelity, and brides would traditionally give sprigs of it to the bridegroom. In some places, rosemary sprigs are still used in the wedding ceremony or reception.

In the 16th century, rosemary was often burned in hospitals as a disinfectant to kill germs.

## Anatomy & Etymology

Rosemary is part of the mint family, which includes basil, lavender, oregano, and many other herbs.

Rosemary looks like a tree you've probably seen before! What does it look like? Smell like? Feel like? An evergreen? Rosemary IS an evergreen shrub!

A rosemary plant can easily grow to five feet tall!

Rosemary leaves are the edible part of the plant!

The word "rosemary" came from the Latin word "ros marinus," meaning "mist or dew of the sea."

## How to Pick, Buy, & Eat

A rosemary plant will grow year after year once it's planted. It can grow in the wild, in the garden, or indoors!

Rosemary can be used fresh or dried. It adds a woody, herbal flavor to foods.

Rosemary is best when cooked a little before eating it, while other herbs are better when fresh. You can add rosemary to eggs, salad dressings, cakes, drinks, soups, stews, muffins, and other baked goods.

## Nutrition

In ancient times, people used rosemary as an herbal medicine for stomach aches, toothaches, headaches, and even to prevent balding!

Rosemary was also sometimes known as the "herb of memory." The leaves were supposed to quicken the mind and prevent forgetfulness. Students would wear sprigs of rosemary in their hair while taking exams!

Recent studies find that rosemary may offer a slight improvement in memory.

Rosemary does not have a ton of vitamins and minerals compared to vegetables, meat, and fruit, BUT it adds so much flavor and aroma to dishes that it's worth adding.