

# COSTMARY

*Meaning: Costmary is a perennial herb (Chrysanthemum balsamita) known for its aromatic leaves, traditionally used in herbal remedies and valued for its pleasant scent in gardens.*

1. Costmary has been traditionally used for its aromatic leaves in herbal remedies.
2. In medieval gardens, costmary was often planted alongside other herbs for its pleasant scent.
3. The sweet, minty fragrance of costmary made it a popular choice for flavoring beverages.
4. Costmary leaves can be dried and used to make a unique herbal tea with calming properties.
5. Many home gardeners enjoy cultivating costmary for both its culinary uses and ornamental appeal.

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