

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Marjoram Golden

Origanum vulgare 'Aureum'



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There are 36 species of perennials and sub-shrubs in this genus, which is Eurasians distribution. About 20 are grown as ornamentals, for their attractive, aromatic foliage and purple-pink to white flowers, which in certain species are surrounded by conspicuous bracts.

The name *Origanum* comes from origanon ("bitter herb"), the original Greek name used by Hippocrates for these plants.

Origanum vulgare 'Aureum' has small, bright, yellow-green leaves and lavender flowers. It makes colourful mounds, in the spring, fading as flowering begins. The leaves scorch in full sun.

Marjorams are mainly used as culinary herbs but are rich in flavonoids, and volatile oils..

PARTS USED

Whole plant, leaves, oil

PROPERTIES

A pungently aromatic antiseptic, warming herb that relaxes spasms, increases perspiration, benefits the digestion, stimulates the uterus and acts as a mild expectorant.

USES OF THE HERB

Culinary

An important herb in Italian, Greek, and Mexican cooking, often used dried rather than fresh, in strongly flavoured dishes in which ingredients such as chili, garlic, tomatoes, onions and wine predominate. Leaves and flowering tops are infused for tea.

Aromatic

Leaves and flowering tops are added to potpourris.

Medicinal

Internally for colds, influenza, minor feverish illnesses, stomach upsets, and painful menstruation. Externally for bronchitis, asthma, arthritis, and muscular pain.

Economic

Oil is used in commercial food flavouring, toiletries, and men's colognes.

CULTIVATION

Well drained soil in sun. Propagate by cuttings of non-flowering shoots in early spring to summer.

HARVEST

Plants are cut as flowering begins, and leaves during the growing season, to be used fresh, distilled for oil, or dried for infusions.



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Height and Spread 75cm/30in

