

# ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

## Oregano

*Origanum vulgare*



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.

### DESCRIPTION

**Oregano** is a very variable, bushy perennial with ascending, purple-brown stems, and variable, broadly ovate, often red-flushed leaves. Purple-pink flowers appear in branched clusters in summer.

**Variegated Oregano.** Perennial. Wonderful contrast plant. Used extensively in meat dishes, preserves, soups, sauces and salads. Flavor is similar to common marjoram. *Origanum vulgare subsp. hirtum*

**Italian Oregano.** often called the pizza herb for its distinct hearty flavor. Stronger flavor than Marjoram. Pink flowers. Grows to a height of 20in/50cm.

### PARTS USED

Whole plant, leaves, oil

### USES OF THE HERB

#### Culinary

An important herb in Italian, Greek, and Mexican cooking, often used dried rather than fresh, in strongly flavored 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 flavoring, toiletries and men's colognes.

### CULTIVATION

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

### HARVEST

Plants are cut as flowering begins, and leaves can be picked anytime during the growing season, to be used fresh or dried.



Height and Spread 45cm/18in



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