

ANOTHER
HERB HERBERT
FACT SHEET

SPECIAL INTEREST HERBS

OREGANO HOT 'N' SPICY

Origanum vulgare 'Hot & Spicy'



DESCRIPTION
Oregano Hot 'n' Spicy is a bushy perennial with ascending, purple-brown stems, with broadly ovate, often red-flushed leaves. Purple-pink flowers appear in branched clusters in summer.

Oregano Hot'n'Spicy is unique, in that the leaves have a fiery edge, making them ideal for spicing up many dishes. There are 36 species of perennials and sub-shrubs in the oregano 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"), the original Greek name used by Hippocrates for these plants.

CULINARY
An important herb in Italian recipes, especially Pizzas, 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.

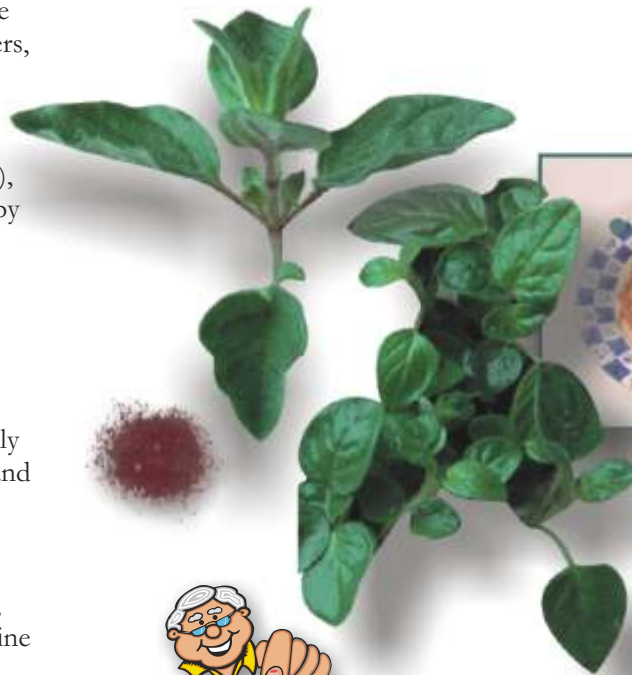
Economic
Oil is used in commercial food flavouring, toiletries, and men's colognes.

PROPERTIES
A pungently aromatic herb.

PARTS USED
Whole plant, leaves, oil

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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