

ANOTHER  
HERB HERBERT FAVOURITE HERBS

FACT SHEET

# Savory

UPRIGHT *Satureja montana*

PROSTRATE *S. spicigera syn. repandra*



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A genus that consists of 30 species of annuals, perennials to shrubs.

The name *Satureja* is a derivative of satyr, the legendary half man, half goat that legend says owned the savory. Savories are one of the oldest known flavoring herbs, having been used for more than 2000 years.

They have a peppery-spiciness to them and the Romans used it extensively to flavor sauces and vinegars. Virgil, an ancient poet described it as a wonderful plant to keep near beehives.

*Satureja spicigera* was once incorrectly referred to as *S. repens*.

## DESCRIPTION

Savory is a native of South-west Asia and is distinguished by low spreading growth and short, fine green foliage. Masses of white flowers are borne along the stem in late summer. *Satureja montana* is upright in habit and *Satureja spicigera syn. repandra* is prostrate in habit.

## PROPERTIES

An aromatic, restorative herb mostly used for culinary purposes. It has a stimulative affect on the digestive tract.

## USES OF THE HERB

### Culinary

Fresh or dried leaves are used to add a peppery flavor to many dishes.

### Medicinal

An antiseptic infusion can be made to use as a gargle for throat problems. A tea can be taken to help settle indigestion and stimulate the digestive system. Was also attributed to being an aphrodisiac.

## CULTIVATION

Hardy. Prefers well-drained soil in full sun. Will tolerate severe pruning.

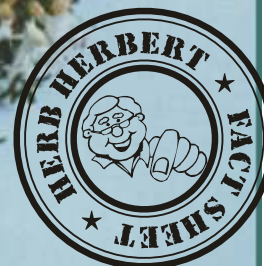
## HARVEST

Leaves and flowering tops are collected throughout the growing season. Use fresh or dry for use in cooking or infusions.



## PARTS USED

Leaves



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