

Oregano - Seeds - buy 1 get 1 free



Oregano is the Herb Plant. The seed packet contains 50 seeds.

Rating: Not Rated Yet

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Sales price R 125

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Description

Description for Oregano

A member of the mint family, oregano is commonly used in Italian dishes and is a component of chilli powder. This low-growing plant also makes an attractive ground cover.

Oregano scientifically named *Origanum vulgare* by Carolus Linnaeus, is a common species of *Origanum*, a genus of the mint family (Lamiaceae). It is native to warm-temperate western and southwestern Eurasia and the Mediterranean region.

Culinary oregano is a signature flavor of many Italian, Mexican and Spanish dishes. Most cooks are familiar with it in its dried form, but oregano is a hardy perennial plant that is easy to grow in the home garden. A handful of plants will provide you with enough oregano to use fresh in season and to dry for use throughout the winter.

There are many varieties, but the most common variety for cooking is Greek oregano. The more pungent Mexican oregano, *Lippia graveolens*, isn't really an oregano at all. Mexican oregano is often used in chili powders. Golden oregano is very ornamental, but not as flavourful.

Common name	Flower colours	Bloom time	Height	Difficulty
wild marjoram and marjoram. Origanum(Botanical)	Blue, White	July	0.50 to 0.75 feet	Easy

Planting and care

It is best to shear plants back regularly before flowering to keep the planting tidy and to induce growth of new leaves. Best propagated from cuttings taken from plants whose leaves have a proven superior aroma/taste (seed-grown plants sometimes have little aroma or flavor) when harvest of leaves for culinary purposes is desired.

Sunlight	Soil	Water	Temperature	Fertilizer
Full Sun to Partial Shade	Plant in sandy, well-drained	Keep soil evenly moist.	22-25 degrees Celsius.	Use any organic fertilizer.

soil. moderately fertilized
soil. Add compost or
fertilizer to grow well.

Caring for Oregano

- Allow oregano to grow to about 4 inches and then pinch or trim lightly to encourage a denser and bushier plant.
- Regular trimming will not only cause the plant to branch again, but also avoid legginess.
- Oregano doesn't need quite as much water as most herbs. As the amount of watering depends on many variables, just water when the soil feels dry to the touch.
- Remember that it's better to water thoroughly and less often. If you have a container, water until the water comes out of the drainage holes in the bottom of the container.
- To ensure the best-quality plants, thin out plants that are 3 or 4 years old in the early spring. Oregano is self-seeding, so the plants will easily grow back.
- You can divide the plants in late spring if you want to put one indoors.

Harvesting

Harvest the leaves as you need them. The most flavor-filled leaves are found right before the flowers bloom.

You can freeze the leaves to use during the winter. Oregano leaves store well and are easily dried. Keep them in an airtight container once dried.

Typical uses of Oregano

Special features: Oregano is a wonderful perennial culinary and medicinal herb. It has long been recognized as one of the "functional foods" for its nutritional, antioxidants and disease preventing properties.

Culinary use:

Its the leaves that are used for flavoring foods, although the flowers are edible too.

They retain their flavor better in hot dishes if added toward the end of cooking.

Heating too long results in bitterness. Dried oregano has a stronger taste than fresh.

There are plants outside of the *Origanum* genus that are sometimes referred to as oregano.

Mexican Oregano can mean either *Lippia graveolens* or *Poliomintha longiflora*.

They are considered similar in flavor, but stronger than oregano.

Ornamental use: Dried oregano flower stalks may be used in craft-making (e.g. wreaths).

Medicinal use: Possible health benefits of Oregano. The herb is used to treat respiratory tract disorders, gastrointestinal (GI) disorders, menstrual cramps, and urinary tract disorders. The herb is also applied topically to help treat a number of skin conditions, such as acne and dandruff.

References

<http://www.bhg.com/gardening/plant-dictionary/herb/oregano/> <http://www.almanac.com/plant/oregano>