



# MARJORAM

*Origanum majorana* (oh-rih-GAY-num may-jor-AY-nah)

TENDER PERENNIAL | LAMIACEAE FAMILY

ZONES: 7-11

EXPOSURE: FULL SUN

MATURE HEIGHT: 12-18" | SPREAD 18-24"

BLOOM: WHITE | SUMMER



HERB & VINE

— healing plants —



Medicinal



Culinary



Aroma



Indoor



Resistant



Container

Sweet Marjoram, or "Knotted" Marjoram, is a popular and versatile culinary herb with a sweeter, milder flavor than Oregano. Loves full sun and will not tolerate wet feet. Ensure soil is dry to the touch before watering thoroughly.

- Culinary: use in Mediterranean soups and sauces, on beef, salads, and pizzas.
- Therapeutic\*: antiseptic, antispasmodic, carminative, cholagogue, diaphoretic, diuretic, emmenagogue, expectorant, stimulant, stomachic and mildly tonic.
- Used externally to treat muscular pain, bronchial complaints, arthritis, sprains and stiff joints.

Caution: should not be used medicinally by pregnant women.



\*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.



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