



# OREGANO

*Origanum vulgare* (oh-rih-GAY-num vul-GAR-ay)

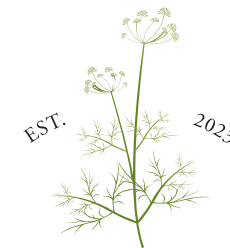
PERENNIAL | LAMIACEAE FAMILY

ZONES: 3-10

EXPOSURE: FULL SUN

MATURE HEIGHT: 24-36" | SPREAD 12-24"

BLOOM: PURPLE | SUMMER



HERB & VINE

— healing plants —



Medicinal



Culinary



Pollinators



Butterflies



Container



Companion

Oregano has been used as a culinary and medicinal herb for thousands of years.

- Culinary: Mediterranean dishes like pasta sauce, soups, stews, vegetable dishes, and pizza.
- Therapeutic\*: leaves and flowering stems are strongly antiseptic, antispasmodic, carminative, cholagogue, diaphoretic, emmenagogue, expectorant, stimulant, stomachic and mildly tonic. One of the best natural antiseptics because of its high thymol content.
- Harvest the aerial parts (not the roots) in late summer, then dry and store for winter use.
- Repels many insects so makes a good companion plant in the vegetable garden.

Caution: pregnant women should avoid therapeutic use.



*\*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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