

Marjoram, Sweet Marjoram

Family	Lamiaceae
Botanical	Origanum majorana
Parts Used	Aerial parts
USDA Hardiness	6B - 11
Light	Full Sun
Soil	Well drained
Duration	Tender Perennial



Propagation	Soil pH requirements: 6.1 (mildly acidic) to 7.8 (mildly alkaline). By dividing the rootball, from herbaceous stem cuttings and from seed.
Water	As needed, do not overwater
Growing	This plant is attractive to bees, butterflies and birds. A very vigorous grower, and tends to flop rather than grow upright. Sweet Marjoram will grow well in any fertile, well-drained and loamy garden soil. Since the seed is very small, it is best sown in flats in the greenhouse and the seedlings transplanted outside after all danger of frost has passed. Marjoram grown outdoors prefers full sun.

Medicinal Uses	Stimulant, diaphoretic, anti-microbial, expectorant, emmenagogue and rubefacient.
Benefits	Treats cold and flu. The antiseptic properties treats inflammations of the mouth and throat. Use externally for infected cuts and wounds. Tea may relieve headaches due to tension and also rub the oil on the temples and forehead. Oil used for muscular and rheumatic pain. Soothes stings and bites.
Preparation	The herb is gathered as soon as it flowers, avoid the thicker stalks. Infusion: Pour a cup of boiling water onto 1 teaspoon of the herb and infuse for 10-15 minutes. Drink 3 times a day. Mouthwash: Pour 1 pint boiling water onto 2 tablespoons of herb. Let it stand in a covered container for 10 minutes. Gargle for 5-10 minutes with warm tea 3-4 times a day.

Fines Herbes

Culinary Uses

Marjoram has a sweeter, milder flavor than Oregano. It is wonderful used fresh in salads, and as a substitute for Oregano in cooked dishes such as pizza, tomato sauce, and Eggplant Parmesan. It is also a very popular ingredient in German sausage and herb breads. Marjoram retains its flavor when dried and can be picked at any time when the plants are at least 6" tall.

Herbs de Provence

Ingredients:

- 2 tablespoons dried rosemary
- 1 tablespoon fennel seed
- 2 tablespoons dried savory
- 2 tablespoons dried thyme
- 2 tablespoons dried basil
- 2 tablespoons dried marjoram
- 2 tablespoons dried lavender flowers
- 2 tablespoons dried Italian parsley
- 1 tablespoon dried oregano
- 1 tablespoon dried tarragon
- 1 teaspoon bay powder

Directions:

Grind rosemary and fennel seed in a spice grinder; transfer to a mixing bowl. Stir savory, thyme, basil, marjoram, lavender, parsley, oregano, tarragon, and bay powder with the rosemary and fennel. Store in an air-tight container between uses.



Historical Facts

Marjoram has a very ancient medical reputation. The Greeks used it extensively, both internally and externally for fomentations. It was a remedy for narcotic poisons, convulsions and dropsy. Among the Greeks, if Marjoram grew on a grave, it augured the happiness of the departed, and among both the Greeks and Romans, it was the custom to crown young couples with Marjoram.

Additional Tips

Nutrition Facts

A good source of Phosphorus and Potassium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Folate, Calcium, Iron, Magnesium, Copper and Manganese.