

Oregano

Family	Lamiaceae
Botanical	Origanum vulgare
Parts Used	Leaves
USDA Hardiness	5 - 10
Light	Full Sun
Soil	Loamy, well drained
Duration	Perennial



Propagation	pH range between 6.0 (mildly acidic) and 9.0 (strongly alkaline) with a preferred range between 6.0 and 8.0. From seed or divide an established bed to get new plants.
Water	As needed, do not overwater
Growing	Grow in full sun and plant out in spring after threat of frost. Oregano will go dormant in winter and look crappy, even dead. Avoid over-watering during this time. Prune monthly, clipping back flower stalks to keep the plant bushy and preventing it from bolting to seed. Once this happens, the flavor will be affected.

Medicinal Uses	Palliative, Antiseptic, Antifungal, Antibacterial, May Even Kill MRSA and Anti-inflammatory
Benefits	Cold, Muscle Pain, Acne, Dandruff, Bronchitis, Toothache, Bloating, Headaches, Heart Conditions, Allergies, Intestinal Parasites, Earache, Fatigue, Repelling Insects and Menstrual Cramps.
Preparation	<p>Used as a steam inhalant, oregano helps clear sinuses.</p> <p>Oregano oil helps in controlling acne and pimples. Add two drops of oregano oil to any face wash when cleaning your face [recommended: twice daily].</p> <p>Externally crushed oregano leaves are mixed with oats and hot water and pounded into a paste. When applied over swelling, itching and aching muscles, eases pain. It also provides relief when rubbed on affected joints [twice daily] in case of arthritis.</p> <p>A few drops of oregano oil rubbed on the scalp at night help control dandruff. You may experience a mild warming sensation, which is normal. Wash off with a shampoo next morning.</p> <p>Oregano oil helps remove lice from hair.</p> <p>Oregano oil helps cure infections of fingernails.</p> <p>Oregano oil when rubbed on the chest and inhaled as vapors directly from the bottle several times in a day, helps clear the passage in cases of asthma.</p> <p>Oregano tea is believed to have a soothing effect and helps in getting restful sleep.</p> <p>Tea made with oregano is also used to relieve flatulence [gas problems] and menstrual pain.</p> <p>Oil derived from oregano leaves offers relief from toothaches. Rub a few drops of oregano oil on the teeth and gums after every meal and at bed time to reduce bad breath.</p> <p>The oregano herb is also a good source of fibre. [A diet high in fibre helps manage weight, reduces risk of colon cancer and increases breakdown of cholesterol in the body].</p>

Fines Herbes

Culinary Uses Mexican oregano works well in spicy, intensely flavored dishes alongside spices like cumin and chili powder. Mediterranean oregano works well with Italian dishes, fish, lamb, salads, vegetables, and other dishes with more mild flavors.

Spicy Chicken with Tomatoes, Garlic and Oregano serves 4

Ingredients:

4 bone in split breasts
2 bags cherry tomatoes whole, washed, and stemmed
5 garlic cloves, chopped
1 and 1/2 tsp red pepper flakes
1 and 1/2 tsp dried oregano
1/2 tsp kosher salt
6 turns fresh ground pepper
1/4 c. olive oil

Directions:

Preheat oven to 450. In a 9 x 13 glass casserole dish, place the four split breasts evenly spaced. In a medium bowl, combine tomatoes, garlic, red pepper flakes, oregano, salt, pepper, and olive oil. Season the chicken breasts with a sprinkling of kosher salt and pepper, then pour tomato mixture over the top. Roast in oven for about 40 minutes, until an internal temperature of 170.



Enjoy!

Historical Facts

Hippocrates used oregano as an antiseptic, as well as a cure for stomach and respiratory ailments. The name Oregano comes from the Greek meaning "joy of the mountains". It grows wild on the hillsides of Greece and shepherds used to encourage their sheep to eat it, so as to improve the flavor of the meat. Ancient Greeks believed that oregano was a useful poison antidote and used it in poultices to treat skin irritations and infections. If oregano grew on a grave, it was an indication that the departed was happy in the afterlife. Couples were crowned with wreaths of oregano at weddings in both ancient Greece and Rome to ensure their future joy.

Traditional Chinese healers have also used oregano for generations to treat a variety of complaints. In Shakespearean times, oregano was used for just about anything. Ladies carried it in their tussie mussies to mask unpleasant odors. It was also used in a potion to enable them to see their future husband on St. Luke's day.

It has been used for centuries in many places in love potions.

Growing oregano near your home is supposed to protect it from evil forces. It has also been carried as a charm for the same purpose.

Additional Tips

Nutrition Facts

Oregano contains vitamins A, C, E, and K, as well as fiber, folate, iron, magnesium, vitamin B6, calcium, and potassium