

## Summer Savory

Family	Lamiaceae
Botanical	Satureja hortensis
Parts Used	All aerial parts
USDA Hardiness	N/A
Light	Full Sun to Part Shade
Soil	Well drained
Duration	Annual



Propagation Soil pH requirements: 6.1 (mildly acidic) to 8.5 (alkaline). From seed or cuttings.

Water As needed, do not overwater

Growing A hardy annual, easily grown from seed, which prefers full sun and rich, well-watered (but also well-drained) soil. Savory is regarded as a companion plant to both onions, whose growth it encourages, and beans, which it reputedly helps protect from the ravages of the Mexican bean beetle. Savory require regular even watering until established. Once savory is established it can be kept on the dry side. Savory does not require extra feeding. Side dress plants with aged compost at midseason.

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Medicinal Uses Antibacterial, Antioxidant, Astringent, Carminative

Benefits A remedy for sore throats, dim vision, sciatica, palsy, intestinal disorders of various kinds, and the stings of wasps and bees.

Preparation Teas can be made for occasional colic, diarrhea, indigestion, flatulence, stomach upsets, mild sore throats, and as an expectorant. It is also sometimes used in a tea by diabetics to alleviate excessive thirst. Externally, rubbing a sprig of Savory on wasp or bee stings provides instant relief.

### Savory Tea

2 fresh savory sprigs or half teaspoon of dried savory.

- Put savory in a cup and pour boiling water.
  - Wait for 8-10 minutes before using it.
  - Add honey or sugar to sweeten the drink. I prefer no sugar savory tea as sugar is not good to your health and skin.
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# Fines Herbes

## Culinary Uses

The leaves have a mildly spicy flavor. Use with meats, fish or with beans. The leaves are commonly used in dried-herb mixtures for use in stuffing, pates and other meat dishes.

## Summer Savory and Garlic Green Beans

### Ingredients:

Ice

2 tablespoons olive oil

1 1/2 pounds trimmed green beans

3 cloves garlic, minced

1 tablespoon fresh summer savory removed from stem

Salt and pepper

### Directions:

1.Fill a large bowl with cold water and ice.

2.Bring a large pot of water to boil. Once boiling salt liberally and add in green beans. Cook 3 - 4 minutes or just until bright green.

3.Use a slotted spoon to transfer beans to ice bath to stop cooking process. Once cool, remove and pat dry.

4.Heat oil in a skillet over medium-high heat. Add beans, cook 3 - 5 minutes or until beans are tender but crisp. Add in garlic and summer savory. Cook just until garlic becomes fragrant, about a minute. Season to taste with salt and pepper and serve.



## Historical Facts

The genus *Satureja* is named for the satyrs, ancient Greek mythical demigods of the forest who were known for their lusty habits and half-man/half goat shape. Legends held that the satyrs wore crowns of savory, and the herb was once held to be an aphrodisiac.

Savory was known to the ancient Greeks and Romans, and later imported to Europe. The American colonists brought both winter and summer savory to North America, and both are mentioned by the seventeenth-century botanist, John Josselyn. Savory was planted around beehives to flavor the honey.

## Additional Tips

### Nutrition Facts

Savory herb is an excellent source of minerals and vitamins that are essential for optimum health. Its leaves and tender shoots are one of the richest sources of potassium, iron, calcium, magnesium, manganese, zinc, and selenium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Iron is required for red blood cell formation.

The herb is also a rich source of many important vitamins such as B-complex group vitamins, vitamin-A, vitamin-C, niacin, thiamin and pyridoxine.

Dry savory provides 1.810 mg of vitamin B-6 or pyridoxine; furnishing about 130% of RDA. Pyridoxine keeps up GABA (soothing neurotransmitter) levels in the brain, which has stress-buster function.

Vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals.

Vitamin A is a fat-soluble vitamin and antioxidant that are required maintaining healthy mucus membranes and skin and is also essential for good eye-sight. Consumption of natural fruits rich in flavonoids like vitamin A, carotenes helps protect from lung and oral cavity cancers.