

## Winter Savory

|                |                           |
|----------------|---------------------------|
| Family         | Lamiaceae                 |
| Botanical      | Satureja montana          |
| Parts Used     | Flowers and leaves        |
| USDA Hardiness | 5A - 8B                   |
| Light          | Full Sun to Partial Shade |
| Soil           | Well Drained              |
| Duration       | Perennial                 |



|             |  |
|-------------|--|
| Propagation | Soil pH requirements: 6.6 to 7.5 (neutral).<br>By dividing the rootball, softwood cuttings, simple layering or seeds.                                  |
| Water       | As needed, do not overwater  |
| Growing     | Cut the plant back in the spring to keep compact and encourage new growth. Plant savory in full sun. Winter savory prefers a well-drained, sandy soil. |

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| Medicinal Uses | * Antibacterial * Antioxidant * Astringent * Carminative   |
| Benefits       | A carminative herb recommend for gas and digestive upsets, including colic, diarrhea and indigestion. Its antiseptic and astringent properties make it a good treatment for sore throats. A poultice of the leaves gives quick relief to insect bites. |
| Preparation    | Infusion: steep 2 to 4 tsp. dried herb in 1 cup boiling water. Take 1 cup per day, a mouthful at a time. Sip slowly.   |

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# Fines Herbes

## Culinary Uses

Winter savory has a stronger, more resinous flavor than the milder annual summer savory, both impart a peppery bite to foods and blend well with thyme, marjoram and basil. Both are used to marinate meats, add flavor to beans and vegetables. Savory are known especially as "bean herbs", because of the added flavor as well a reduction in flatulence and gas.

## Perky Chicken Salad

1/4 c. chicken broth

3/4 c. mayonnaise

1 tsp. fresh finely minced Winter Savory

2 1/2 c. cooked diced chicken

1 1/2 c. diced celery

1/4 c. chopped pecans

1/4 c. sliced stuffed olives

3/4 tsp. salt

2 c. cooled pasta

1 c. frozen peas

Gradually add broth to dressing - blend well. Add Winter Savory and a dash of curry powder. Toss together chicken, celery, pecans, olives, salt and pepper, pasta and peas. Add dressing and mix. Blend lightly. Serve with tomatoes and lettuce.



## Historical Facts

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. Savory was planted around beehives to flavor the honey.

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.

## 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.