

Marjoram

Origanum majorana



Herbaceous plant of the Lamiaceae family, has a quadrangular, woody stem at the base.

The green-greyish leaves have up to 2cm, its flowers are also small and can be white, pink or violet. Her open flowers are usually much searched by bees and butterflies.

This plant have a fruit that produces fine seeds, but only when the plant reaches two years. Marjoram is a perennial in warm climates and annual in cold climates.

More info:

https://www.amu.bio/_marjoram

Cultivation

The marjoram can be propagated by sowing, rhizomes division or cuttings.

It does not support low temperatures but prefers humid climates. It must be grown in soils rich in organic matter with good drainage.

It is necessary to note that over-watering can kill the plant.

It should be grown in locations with full sun.

History

It is native of Eastern Mediterranean, North Africa and the Middle East.

Used as a spice by the Romans and Arabs and later all over Europe.

In Greek mythology, the marjoram was the favorite herb of Aphrodite, goddess of love, who used the plant to heal the wounds of Aeneas. It was also symbol of happiness and was planted in front of the house as a welcome sign.

Utilization

Marjoram is used in roasts, pizzas, tomato sauces, meats, etc.
It has a slightly spicy hot flavor.

With regard to its therapeutic properties: expectorant and digestive effect.
The infusion with marjoram helps in the treatment of rheumatism and arthritis.

In aromatherapy, its soothing fragrance is beneficial for the nervous system.