

Oregano

Origanum vulgare



Plant herbaceous, semi-woody and perennial also known as brave marjoram.

Of erect stem, oval leaves and pink flowers, it has a pleasant aroma and can reach 60 cm.

More info: https://www.amu.bio/_oregano

Cultivation

It can be multiplied through seed, division of rhizomes and rooting of branches.

It should be cultivated in fertile soil with good sun exposure to provide its leaves an intense aroma.

It is advisable to replant after 3 years to ensure the vigor and beauty of the plant.

History

The name "oregano" dates back to ancient Greece, as well as its medicinal power.

It comes from the Middle East and was introduced to Europe in the 16th century.

Utilization

This plant is very used in cooking: sauces, meat, fish, pizzas, etc.

Have antioxidant, antiseptic, digestive and calming properties and is indicated for respiratory, digestive tract, broach, cough, asthma, etc.

The whole plant is rich in essential oil containing thymol and carvacrol, with sedative, carminative and antispasmodic action.