

Winter Savory

Satureja montana



The savory or winter savory is a perennial plant, Lamiaceae family, which groups several species with aromatic characteristics (basil, rosemary, oregano, thyme, etc.)

It is an undergrowth plant which can reach between 15 and 70 cm tall and has small white or slightly pink flowers.

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

Cultivation

Appear in fallow land on slopes and hilly areas, poor soil and well drained with good sun exposure.

The winter savory can be propagated by seed, by plant division or cuttings.

Seeds can be sown directly in the garden, or seedlings, small pots or cups made of newspaper, making transplanting between 4 and 7 weeks after germination. The seeds are small and must be sown on the soil surface and be covered with a light sieved soil or thin layer of sawdust. Germination generally takes one to three weeks.

To spread the savory by cuttings, cut the branches and remove the leaves leaving only the closest to the branch end. Plant it in pots, keeping the soil moist until rooting.

The spacing of the plants should be about 45 cm.

It can easily be grown in planters and pots.

It is important to remove weeds that are consuming their nutrients and resources.

Although in the case of a perennial, the plants should be divided and replanted every 3 or 4 years.

History

The use of savory dates back more than two thousand years ago, it was used as a seasoning by the Greeks and Romans.

With mediterranean origin, was brought by the Romans to the north of Europe, spreading throughout the world.

Best known for its aphrodisiac powers, it was also used as antiseptic to combat pests.

It is said that savory belonged to the satyrs, since Satureja in Latin means satyr (mythological character half man and half goat, who lived in the forests).

Utilization

It is excellent for cooking, as aromatic herb for fish and meat.

Its tea is also well known, indicated for digestive, gas and diarrhea problems.

It has antiseptic, fungicidal and anti-virals. It is used to combat inflammation of the respiratory tract, digestive indisposition such as indigestion, cramps and acute gastroenteritis.

Its essential oil is a bit toxic because of the high presence of carvacrol, should not be used on children under 6 years.

Externally, it is used in various skin inflammations and mucous membranes, such as otitis, stomatitis, vaginitis, and slight burns and mycoses.