

Origanum vulgare
Family: *Laminaceae*– mint
Parts Used: leaves and blossoms

Oregano comes from the mint family and can be used interchangeably with marjoram as they are so closely related, in fact wild marjoram is actually oregano! It has highly antibacterial and antiviral properties making it a favorite for winter use. Use in your culinary dishes all through the winter season to ward off viruses and bacteria and to strengthen the immune system.

Properties

Analgesic, antibacterial, antifungal, antioxidant, antispasmodic, anti-inflammatory, antiseptic, antiviral, antiparasitic, carminative, digestive, emmenagogue, expectorant, nervine.

Energetics: cooling, drying
Systems Affected: digestive, respiratory, nervous

Uses

- Fungal infections such as athlete's foot, ringworm, etc.
- Vaginal yeast infections and candida.
- Respiratory problems; can ease lung congestion and bronchial inflammation.
- Sinus congestion
- Cough, cold and flu
- Promotes sweating which helps rid the body of toxins during sickness.
- Fever and heat stroke
- Measles and chicken pox
- Bronchitis, spasmodic coughs, etc.
- Muscle, uterine and stomach cramps, and spasms.
- Aching joints and muscles, rheumatism, swelling, inflammation, etc.
- Digestive aid; gas, flatulence, bloating, etc.
- Diarrhea, vomiting
- Urinary problems
- Bacterial infections and sores
- Parasites
- Tooth ache, mouth sores, dental inflammation
- Headache and pain reliever
- Cuts, scrapes, and wounds
- Nervousness, insomnia, tension, and anxiety

- Can dissolve milk knots in nursing mothers (apply a fresh poultice or salve).
- Nutrient rich; vitamins A, C, K, iron, calcium, manganese, antioxidants.
- Deters food borne bacteria and parasites.
- Pest control to kill fleas and other bugs on contact (essential oil is best for this).
- Dandruff
- Lice
- Cleanse and disinfect
- Makes a great hair rinse
- Eczema, sore and other skin issues, and infections.
- Anti-aging (internal consumption)

Herb Preparations

- Food; add liberally to culinary dishes
- Tea
- Powder, capsules, sprinkle
- Vinegar
- Extract, liniment
- Herbal oil
- Salve, ointment, balm
- Honey, syrup
- Bath, foot soak, steam
- Gargle, mouthwash
- Essential oil (this is a different species with stronger properties)

Care/Harvesting

Oregano can be easily grown in your garden. You can start your seeds indoors 6 weeks before the last frost, purchase a start from your local nursery, divide an established plant or directly sow the seeds outdoors after the last frost date.

- Choose a sunny, warm location in rich soil, space 12" apart.
- Water light to moderately.
- Oregano is beneficial to any plant it is planted to next to, improving the growth and flavor of the plant and keeping off pesky invaders.
- Harvest just before blooming and keep cutting as blossoms appear to keep the plant producing.