



Bulletin no. 4 Juin 2020

Common Oregano, *Origanum vulgare*

Oregano is well established in our garden, with two abundant groves that have recovered well in the spring. Come and cut a few stems. Its leaves go wonderfully well with all tomato-based dishes, especially pizza and pasta. Stems keep well for 3 to 7 days if the tip is left in water.



Botanical Description Oregano or common oregano, also called wild marjoram or perennial marjoram, is a perennial herbaceous plant of the mint family (Lamiaceae). It is used for its aromatic virtues in cooking and for its medicinal properties. Oregano oil is used in perfumery and pharmacy.

How to cultivate

Oregano multiplies by bursting into clumps in the spring or possibly by sowing. Plants should be spaced 30 cm apart. It requires a light and airy soil. Oregano is a member of the herbs of Provence. A warm, calcareous,

windbreak and sunny soil makes it possible to cultivate this aromatic plant growing in the wild. In a garden, it can become quite invasive.



What parts to use

In cooking we use the leaves that give off their flavour when cut or crumpled.

Cosmetic uses. Oregano is used in perfumery and for artisanal oils and soaps.

Culinary uses

Oregano is a culinary herb, used for the flavour of its leaves. It has an aromatic, warm and slightly bitter taste, the intensity of which can vary. Among the chemical compounds that contribute to the flavour and qualities of oregano are carvacrol, thymol, limonene, pinene, ocimene and caryophyllene. The flowering tops and leaves are used fresh or dried, as a condiment or to flavour white wines. If it is fresh, consume it by crumpling its flowers, which are particularly fragrant. Widely used in Italian cuisine, it is excellent for flavouring tomato sauces, on grilled meats and vegetables and is indispensable for traditional pizzas.



RECIPES

Tasty Gazpacho in 10 minutes - Delicious cold soup for hot days!

Ingredients

- 1 can 800ml of Italian tomatoes
- 2 slices of whole wheat bread, preferably dry
- 1 medium cucumber
- 15 to 20 oregano leaves
- 60 ml extra virgin olive oil
- 15 ml balsamic vinegar
- 1 cup of croutons of your choice
- Salt and pepper
- A pinch of Espelette pepper or other hot sauce of your choice (optional))

Preparation

- Place the can of tomatoes in the refrigerator the day before.
- Cut bread into medium cubes
- Peel the cucumber, cut it in half.
- Cut half of the cucumber coarsely
- Cut the other half into small dice (reserve this part of the cucumber)
- Put the ingredients in a blender or food processor.

- Pulse for a few seconds for a slightly grainy texture or longer for a smoother texture.



Pour in cold soup plates.

- Garnish with diced cucumbers and other decorations.

Dcoration

Decorate the plates with diced cucumbers, oregano leaves, sliced olives, a thin slice of lemon and some croutons.

Additional trim

Croutons, finely chopped red or

green peppers, finely chopped onions, diced cucumber, sliced olives, capers, will add to the enjoyment of gazpacho.

A few practical tips

You can put the soup plates in the freezer 1 hour before serving. I always keep 1 or 2 cans of tomatoes in the fridge for this recipe. In this recipe, oregano can be replaced by basil or *herbes de Provence*.

PIZZA + oregano = the perfect match!



Ingredients

- Your favourite pizza
- Oregano leaves

Preparation

- Bake or heat your favourite pizza: homemade, frozen or home delivered.
- Add oregano leaves
- NB not with Hawaiian pizza! Add coconut to this one ;-)

Medicinal uses

Oregano is attributed certain phytotherapeutic qualities. Oregano, like marjoram or thyme, is said to have antiseptic properties. It is used like them, but in a more anecdotal way, as an infusion in cases of cold or flu, and to help digestion.

The legend and popularity of oregano

Greek mythology has it that the goddess Venus fell in love with a fragrant and tasty plant growing on Mount Olympus. She named it *Oros Ganos* the "joy of the mountain".

Oregano is nowadays the basic herb of Italian cuisine. Its popularity in North America and the United States began when soldiers returning from the Second World War brought with them the taste of "pizza herb", which they discovered in the Naples area during the Italian campaign. Oregano had been consumed in southern Italy for centuries.

