PLANT FACT SHEET

Satureja hortensis Linn.

GENUS *Satureja* **FAMILY** Lamiaceae

COMMON NAMES Summer Savoury

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Flavouring, Herb, Spice, Leaves - tea, Vegetable, Stems

The leaves are used as flavouring. They have a hot spicy flavour. They are used fresh or dried. They are used with tomatoes, beans, fish and salads. They are also used in cakes, puddings and sausages.
Because it reduces flatulence it is eaten with beans and cucumbers.
They can be used in cooking to reduce the smell of cabbage and turnips.
The leaves can be harvested before flowering and used for tea.

DESCRIPTION

An annual herb which grows from seed each year. It grows to 30 cm high and spreads to 25 cm wide. It has small narrow greyish green leaves. They are about 1.3 cm long. These turn slightly purple during summer and autumn. The leaves are attached directly to a pinkish stem. The flowers are small and white. They are in spikes in rings.

HABITAT

It suits Mediterranean regions. They do best in warm climates but are not suited to the tropics. They do best when grown in full sunlight. They are best in well drained alkaline soils. It does well in a fertile soil. In Hobart Botanical gardens. It suits hardiness zones 5-9.

PRODUCTION

Cultivation

Plants are grown from seed sown directly where they are to grow. Plants need to be supported by mounding soil up around their base.

Harvesting and Seed Production

The leaves can be dried and stored.

NOTES

There are about 30 Satureja species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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