PLANT FACT SHEET

Origanum vulgare subsp. viridulum (Martrin-Donos) Nyman

GENUS *Origanum* **FAMILY** Lamiaceae

COMMON NAMES Oregano Greek herb

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers - flavouring

The leaves are used to season meat, fish or salads. It is used in soups and stuffings.
The flowering tops are eaten raw or cooked as a flavouring.
The oil can reduce moulds in foods.

DESCRIPTION

A herb. The leaves are oval and green. The flowers are purple or pink.

HABITAT

It is a Mediterranean climate plant.

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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