PLANT FACT SHEET

Satureja montana L.

GENUS *Satureja* **FAMILY** Lamiaceae

COMMON NAMES Winter savoury, Mountain savory

EDIBLE PARTS AND USES

Edible parts: Leaves, Flavouring, Herb, Leaves - tea, Flowers

Leaves are used to flavour meats and sauces. They are used in soups, salads, stuffings, and dishes with egg, poultry, vegetables and olives.
The fresh or dried leaves can be used to make tea drinks.
The flowers are used for seasoning.

DESCRIPTION

A herb. Two kinds occur, one which is upright and the other lies over. Both kinds keep growing from year to year. They grow about 30 cm high. The leaves are dark green and shiny. The leaves are 2.5 cm long. They are sword shaped and grow from woody stems. The flowers are blue and occur in groups at the end of stalks. There are several named cultivated varieties.

HABITAT

They are Mediterranean plants. It can stand colder conditions than summer savoury. They do not suit the tropics. They do best in full sunlight. They suit well drained alkaline soils. It can grow on less rich sandy soils. In Hobart Botanical gardens. It suits hardiness zones 4-8.

PRODUCTION

Cultivation

It is most easily grown from cuttings or divisions of the root. Cuttings 8-10 cm long are used and lower leaves are removed. Rooted cuttings can be planted out. Plants can be pruned back after flowering.

Harvesting and Seed Production

Plants can be stored by drying or freezing.

PICTURES



Credit: Food Plants International (Bruce French)



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