



PLANT FACT SHEET

Origanum onites L.

GENUS *Origanum* **FAMILY** Lamiaceae

COMMON NAMES French Marjoram, Pot Marjoram, Turkish origano

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea, Spice, Flowers - seasoning

Leaves are used fresh or dried in salads or for flavouring. It is particularly used with meats.

It is also brewed into a tea.

The flowering tops are used for seasoning.

DESCRIPTION

A small shrubby perennial plant. It grows up to 60 cm high. The leaves are oval. They have a smell. They have fine teeth. They are less than 2.5 cm long. The flowers are pale mauve or white. These grow in clumps of spikelets.

HABITAT

It is a warm temperate plant. It is hardier than sweet marjoram. It suits hardiness zones 8-10.

NOTES

There are 20 *Origanum* species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

- Akbulut, S., 2022, Importance of edible wild plants in world food security: The case of Turkey. *Int J Agric Sc Food Technol* 8(3): 209-213.
- Blamey, M and Grey-Wilson, C., 2005, *Wild flowers of the Mediterranean*. A & C Black London. p 399
- Bremness, L., 1994, *Herbs*. Collins Eyewitness Handbooks. Harper Collins. p 197
- Brickell, C. (Ed.), 1999, *The Royal Horticultural Society A-Z Encyclopedia of Garden Plants*. Convent Garden Books. p 728
- Brouk, B., 1975, *Plants Consumed by Man*. Academic Press, London. p 312
- Cheifetz, A., (ed), 1999, *500 popular vegetables, herbs, fruits and nuts for Australian Gardeners*. Random House p 145
- Cundall, P., (ed.), 2004, *Gardening Australia: flora: the gardener's bible*. ABC Books. p 956
- Dogan, Y., et al, 2004, The Use of Wild Edible Plants in Western and Central Anatolia (Turkey). *Economic Botany* 58(4) pp. 684-690
- Dogan, Y., 2012, Traditionally used wild edible greens in the Aegean Region of Turkey. *Acta Societatis Botanicorum Poloniae* 81(4): 329-342
- Dogan, Y. et al, 2013, Wild Edible Plants sold in the Local Markets of Izmir, Turkey. *Pak. J. Bot.* 45(S1): 177-184
- Ertug, F., 2004, Wild Edible Plants of the Bodrum Area. (Mugla, Turkey). *Turk. J. Bot.* 28 (2004): 161-174
- Ertug, F, *Yenen Bitkiler. Resimli Türkiye Florası -I- Flora of Turkey - Ethnobotany supplement*
- Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 131
- Gurdal, B. & Kultur, S., 2014, The edible and miscellaneous useful plants in Marmaris (Southwest Turkey). *Istanbul Ecz. Fak. Derg. / J. Fac. Pharm. Istanbul* 44(1) 2014 pp.69-78
- Hadfield, J., 2001, *The A-Z of Vegetable Gardening in South Africa*. Struik p 134
- Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 452
- Hibbert, M., 2002, *The Aussie Plant Finder 2002*, Florilegium. p 215
- Joyce, D., 1998, *The Garden Plant Selector*. Ryland, Peters and Small. p 251
- Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 102, 196
- Lawton, B.P., 2002, *Mints. A Family of Herbs and Ornamentals*. Timber Press, Portland, Oregon. p 166
- Pironi, A., et al, 2023, Bitter Is Better: Wild Greens Used in the Blue Zone of Ikaria, Greece. *Nutrients* 15, 3242.
- Pironi, A., et al, 2024, Isolated Mediterranean foraging: wild greens in the matrifocal community of Olympos, Karpathos Island, Greece. *Journal of Ethnobiology and Ethnomedicine* (2024) 20:98
- Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
<http://www.scs.leeds.ac.uk/pfaf/>
- Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): *Local Mediterranean Food Plants and Nutraceuticals*. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18-74
- Sp. pl. 2:590. 1753
- Tanaydin, G., et al, 2022, An Ethnobotanical Research on Plants Used for Food Purposes in Bigadiç (Balıkesir-Turkey). *Turkish Journal of Nature and Science* Vol. 11 (4): 142-147
- Turner, N. J. et al, 2011, Edible and Tended Wild Plants, Traditional Ecological Knowledge and Agroecology. *Critical Reviews in Plant Sciences*, 30:198-225 (As *Origanum heracleoticum*)
- van Wyk, B., 2005, *Food Plants of the World. An illustrated guide*. Timber press. p 269
- Wiersema, J. H. & Leon, B., 2013, *World Economic Plants. A Standard Reference* CRC Press. 2nd Ed. p 481
- World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY Food Plants International

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET <https://www.echocommunity.org/en/resources/fcf839e4-36bf-48e6-ae25-02e937297291>