



PLANT FACT SHEET

Origanum syriacum L.

GENUS *Origanum* FAMILY Lamiaceae

COMMON NAMES Syrian marjoram, Bible hyssop, Syrian oregano

EDIBLE PARTS AND USES

Edible parts: Leaves, Stalks, Flowering tops, Spice

The leaves and flowering tips are used for flavouring. They are like a blend of thyme, marjoram and oregano. The leaves are used for herbal tea.

It is mixed with sumac to make a spice blend called za'tar. This is used along with olive oil as a topping on bread. Also the dried leaves mixed with salt are used on bread.

DESCRIPTION

A herb. It grows 30-40 cm tall. The leaves are oval and 10-15 cm long. The leaves are thick and grey-green. They have thick whitish hairs. The flowers are very small and white or yellow.

HABITAT

It is a Mediterranean climate plant. It grows in niches in walls and on rocky soils. It suits hardiness zone 9.

NOTES

Probably the hyssop mentioned in the Bible.

REFERENCES

- Albalawneh, A., et al, 2022, Traditional Knowledge of Wild Plant Species Used by Local People Inhabiting the Southern Part of Wadi Araba Desert in South-West Jordan. Research Square.
- Ali-Shtayeh, M. S., et al, 2008, Traditional knowledge of wild edible plants used in Palestine (Northern West Bank): A comparative study. J Ethnobiol Ethnomed. 4: 13 (As Majorana syriaca)
- Al-Qura'n, S. A., 2010, Ethnobotanical and Ecological Studies of Wild Edible Plants in Jordan. Libyan Agriculture Research Center Journal International 1(4):231-243
- Aziz, M. A., et al, 2022, The nexus between traditional foraging and its sustainability: a qualitative assessment among a few selected Eurasian case studies. Environment, Development and Sustainability. Springer.
- Bailey, C. and Danin, A., 1981, Bedouin Plant Utilization in Sinai and the Negev. Economic Botany 35(2): 145-162 (As Majorana syriaca)
- Batal, M. & Hunter, E., 2007, Traditional Lebanese recipes based on wild plants: An answer to diet simplification? Food and Nutrition Bulletin, vol. 28, no. 2 (supplement) © 2007, The United Nations University.
- Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979
- Davis, S.D., Heywood, V.H., & Hamilton, A.C. (eds), 1994, Centres of plant Diversity. WWF. Vol 2. p 340
- Dogan, Y., et al, 2004, The Use of Wild Edible Plants in Western and Central Anatolia (Turkey). Economic Botany 58(4) pp. 684-690
- 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 132
- Ghadban, S., et al, 2024, Edible Wild Plants Economy and Food Heritage Amid Lebanon's Crisis. The Druze Community », Systèmes alimentaires / Food Systems, n° 9, 2024
- Gunes, S. et al, 2018, Survey of wild food plants for human consumption in Karaisali (Adana-Turkey). Indian Journal of Traditional Knowledge. Vol. 17(2), April 2018, pp 290-298

- Hinnawi, N. S. A., 2010, An ethnobotanical study of wild edible plants in the Northern West Bank "Palestine". An-Najah National University. p 93 (As *Majorana syriaca*)
- Lawton, B.P., 2002, Mints. A Family of Herbs and Ornamentals. Timber Press, Portland, Oregon. p 19, 166 (As *Origanum maru*)
- Mayer-Chussuck, U & Lev, E., 2014, Wild Edible Plants in Israel Tradition Versus Cultivation. in Z. Yaniv, N. Dudai (eds.), Medicinal and Aromatic Plants of the Middle-East, Springer
- Oran, S. A. S., 2015, Selected Wild Aromatic Plants in Jordan. International Journal of Medicinal Plants. Photon 108 (2015) 686-699 Sp. pl. 2:590. 1753
- Tukan, S. K., et al, 1998, The use of wild edible plants in the Jordanian diet. International Journal of Food Sciences and Nutrition. 49:225-235
- van Wyk, B., 2005, Food Plants of the World. An illustrated guide. Timber press. p 214, 269
- Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 481
- Wild Edible Plants in Lebanon. Promoting dietary diversity in poor communities in Lebanon. <http://www.wildedibleplants.org/>
- 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/fd8cc061-4892-48ef-afb2-1a0896bf3dc5>