

# SFA

*Seeds for Africa*

## Oregano – Origanum – Origanum Vulgare

Buy Seeds from Seeds for Africa.

### STARTING PLANTS:

Oregano seeds require some light to germinate, so cover only slightly with soil. Start seeds indoors and transplant when temperatures remain above 45 degrees F.

### PLANTING:

Oregano is one of those 'Mediterranean' herbs that like well-drained soil, on the lean side, and full sun. Rich soil tends to dilute the pungency of the flavour. Climate, soil and moisture can cause variation in oregano's flavor. The genus is native to the Mediterranean area, but *O. vulgare* has naturalized in many areas.

### MAINTENANCE:

The flowers should be pinched to keep the plants bushy and prevent them bolting to seed.

Divide plants when the centers begin to die out or the stems become too woody. You can also divide plants simply to make more plants.

### PROBLEMS:

Few pests bother oregano. Keep an eye out for spider mites and aphids.

### HARVESTING:

Once the plant has reached 4-5", sprigs can be taken. Harvesting before the plant blooms will yield the most flavorful leaves. Levels of essential oils diminish as the flowers begin to develop.

**USES:**

It's the leaves that are used for flavoring foods. They retain their flavour better in hot dishes if added toward the end of cooking. Heating too long results in bitterness. Dried oregano has a stronger taste than fresh.

© Seeds for Africa Limited

No part of this document may be reproduced, copied or distributed without the express written permission of the Directors of Seeds for Africa Limited.

[www.seedsforafrica.co.za](http://www.seedsforafrica.co.za)

*Seeds for Africa*