**Marjoram Plant**



**Origanum majorana**

Also known as sweet or knotted marjoram.

Sweet pine and citrus flavoured, grey green foliage. A very valuable herb as an infusion as it is a relief for stomach pains.

Recommended by the RHS to be an excellent attractant and nectar source for bees and other beneficial insects.

* Tender perennial.
* Reaches 2 feet (60 cm) tall.
* Likes a warm sunny position.
* Likes dry, rocky, free draining soil.
* Suitable for container growing.
* Flowers July - September with small pale pink flowers.
* If you cut plants to 1" (2.5 cm) in Autumn they can be brought indoors.
* **Culinary Uses.**
* Good for use in stews, soup, on pizza, with pasta, eggs and cheese!
* Can be infused for tea.
* Chopped into salad.
* Can be used in bouquet garni.
* Good compliment for fish.
* Flowers are edible.
* **Medicinal Uses.**
* Can ease tonsillitis.
* Can help flatulence.
* Can ease stomach bloating.
* Can help sleep or calm children.
* Can ease anxiety.
* Homeopaths sometimes use to treat female sex disorders and painful menstruation.
* Good for bruises.
* Has good antiseptic properties.
* Used to make essential oils.
* **Other Uses.**
* Used in pot pourri and herb pillows.
* Has been used to scent furniture polish.

