**Oregano Plant**



**Origanum vulgare**

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

* Perennial.
* Reaches 20" (50 cm) tall.
* Flowers July - October with pink flowers.
* Likes full sun and mid-day shade.
* Prefers well drained, alkaline soil.
* **Culinary Uses.**
* Can be used in salad.
* Makes a tasty jelly!
* Good for herbal tea.
* Used to be used to flavour ale.
* Good on pizzas.
* Nice mixed with garlic and chilli.
* Compliments haddock.
* **Medicinal Uses.**
* Good for helping bad coughs and whooping cough.
* Used to treat intestinal problems.
* Can stimulate appetite.
* Can ease diarrhoea.
* Can help gall bladder problems.
* Can ease nervous headaches.
* Can help general exhaustion, irritability and menstrual pain.
* Can be drunk as a sedative to help sea sickness.
* Can help swelling, stiff necks and rheumatism.
* Leaves can relieve toothache.
* **Other Uses.**
* Used to scent the Greeks bath.
* Used in bouquet garni.
* Can be used as a hair conditioner.

