

# Oregano



Oregano is really a flavor rather than a particular plant, although most come from the same family. The dried oregano sold on spice racks in stores is often made up of several varieties.

Oregano was first used by the Greeks as both medicine and a food seasoning. It was little known in the U.S. before WWII. Soldiers returning from Italy came home and wanted the “pizza flavor.”

Oregano is a rich source of antioxidants, and is high in fiber. It has vitamins K and E, iron, manganese, and calcium.

Dry Fresh  
Oregano in

## 3 Easy Steps!

Whether harvested from the garden or purchased from the store, follow these simple steps to dry oregano:

**Step 1:** Tie or rubber band oregano stalks together in bunches.

**Step 2:** Hang the cut stalks upside down in a dry, warm and well-ventilated room. Let the stalks hang for a week.

**Step 3:** Over a clean piece of paper, strip the leaves from the stalk by running your hand up and down the branch. Use the paper as a funnel to pour into airtight jars!

Tip: Store airtight jars of dried oregano away from heat and light. Oregano will keep its peak flavor for about 6 months and then slowly deteriorate, although it will retain flavor and remain edible for several years.



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Using seasonings adds so much flavor to food, that sodium and fat can be reduced!

## Homemade Italian Seasoning

- 2 Tablespoons basil
- 2 Tablespoons marjoram
- 2 Tablespoons oregano
- 2 Tablespoons rosemary
- 2 Tablespoons thyme

1. Mix all ingredients in a bowl until well combined.
2. Use immediately or store in an air tight container.

