



Oregano

Scientific Name: *Origanum vulgare*

Many Varieties of oregano are used in cuisines from around the world. Some of these varieties have quite different flavors.

Recommended Varieties:

- Greek Oregano *Origanum vulgare* var. *hirtum*

This species is the most commonly known as oregano, also known as true oregano or Italian oregano.

There are different varieties of oregano.

[Gardening Know How](#)

Companion Plant For:

Good companion to all vegetables.

CA Master Gardener Handbook, 2015

Photos: Creative Commons

[Herb Society](#)

Growing Information

Perennial

Oregano is a hardy perennial plant that is easy to grow in the home garden, it should be planted in a sunny spot with well-drained soil.

Ideal Planting Window

Plants are easily started from seed, stem cuttings, or mature root division. Oregano is hardy and does tolerate frost. Spring planting is recommended.

Growing Guidance

Oregano be grown in the ground, pots, indoors and hydroponically. When planting with other herbs be sure to pick herbs with similar water needs.

Harvesting

When flowers are about to appear, the plant is ready to be harvested, flowers are also edible.

[Herb Gardening](#)

[Farmer's Almanac](#)



Interesting Facts

Oregano is herbaceous plant that belongs to the Lamiaceae, (mint) family. There are around 36 varieties of oregano that are native to central Asia and Mediterranean countries.

Oregano acts beneficially on human health. It contains vitamin A, C and K and minerals such as iron and manganese.

It is also used in gardening because it improves growth of surrounding plants.

Oregano is best known as "pizza herb". Other than that, oregano is used as basic ingredient for the preparation of famous Italian specialties such as pastas, spaghetti and tomato dishes.

Oregano became popular in the USA after the Second World War when American soldiers returned home from the battle fields in Italy. Besides bad war memories, they brought spice for pizza to their country.

Chemical compounds from oregano repel insects. Because of that, oregano may act as natural insecticide when it is planted in the garden.

[SoftSchool](#)

Drying and Storing

Oregano is a Mediterranean herb with a pungent scent and flavor punch. It is used fresh or dried. To dry you may pull off the tiny leaves or dry the entire stem and then crumble off the crisp leaves.

Read more at **Gardening Know How:**

[Tips on Harvesting Oregano and Drying Oregano](#)

Recipe: Oregano & Asiago Breadsticks



Ingredients:

- 1 Pound pizza dough, preferably whole-wheat
- 1 ½ Tbsp extra virgin-olive oil
- 3 Tbsp grated Asiago cheese
- 1 Tbsp dried oregano

Instructions:

Arrange racks in upper and lower thirds of oven; preheat to 400° F. Line 2 baking sheets with parchment paper or coat with cooking spray. Divide dough into 16 equal pieces and roll each into a 12- to 14-inch-long breadstick on a lightly floured surface. Place the breadsticks at least 1/2 inch apart on the baking sheets. Brush with oil and sprinkle with Asiago and oregano, pressing if necessary, to help it stick.

Recipe and Photo: [EatingWell](#)

Contact Information



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