

## Description

**Marjoram Pot**  
**Origanum Onites**  
**Family: Lamiaceae**

Marjoram Pot is a hardy perennial bushy plant with heart shaped, bright green aromatic leaves arranged in opposite pairs along a pale semi woody stem forming a dense mat. The flower stem rises up to 30cm high and produces a pink-purple flower in groups that are arranged like balls along the branched stem, and leaves a dark-red calyx after the flower has fallen off.

## Growing Tips

It likes well-drained, rich soil and frequent water in a sunny position. As the name suggests this is best grown in a pot. Keep warm and dry in winter and water sparingly.

## Parts Used

Leaves.

## Uses

Marjoram Pot's fresh leaves are a great addition to soups, tomato dishes, pizza, meat, oils, vinegars and salad dressings. Add when cooking is almost complete as flavour is lost during heating.

Teas made with Marjoram Pot are useful for colds, stomach upsets and calming, it can also prevent sea sickness. Another great tip is chewing a fresh leaf which can relieve toothache and gum disease.

## Origin & History

Marjoram is native to the Mediterranean regions and Greek Mythology tells that it was first grown in the garden of Venus. The name Origanum translates from Greek into "joy of the mountain".

The servant of the king of Cyprus was turned into an Origanum plant after he spilled a jar of precious perfume, and since then, the sight of this plant near burial places is seen as a good omen for the welfare of spirits. It was also used as a symbolic adornment in marriage ceremonies.

Both Romans and Greeks used it as a preservative and disinfectant and for its pleasant scent in hair rinses.

In the 16th century it was used to ward off the plague as inhalations.

