

# Living Herbs

## Description

**Marjoram Sweet**  
**Origanum Majorana**  
**Family: Lamiaceae**

Marjoram Sweet is a perennial and grows as an upright, compact bush. It has thin woody stems up to 45cm and matt-green, soft, elliptic leaves growing in a decussate pattern along the stem. Minute white lipped flowers emerge from round, knob-like heads arranged on leaf knots along the tip of the stem. The leaves emanate a scent that is a combination of mint, lemon and woody.

## Growing Tips

It likes well-drained, rich soil and frequent water in a sunny position. Cut the sprigs and leave 2-3 leaf buds to ensure compact bush growth. For best results grow 40cm apart.

## Parts Used

Leaves

## Uses

Marjoram Sweet's fresh leaves are a great addition to soups, tomato dishes, pizza, meat, oils and vinegars. Add when cooking is almost complete as the flavour is lost during heating. Marjoram Sweet also forms part of the herb mix 'Herbes Provençales'.

Medicinally it is believed to have antiseptic qualities. The essential oil is a strong antifungal and antibacterial and is being used against overgrowth of candida albicans. It can also lower blood pressure and thyroid activity as well as balancing the nervous system and is great for headaches. Chewing a fresh leaf 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 the dead's spirit. 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.

# Marjoram, Sweet

