



DOST

Wild Oregano

DISTRIBUTION

- native to Europe and parts of Asia
- grows in meadows, dry grasslands, and at sunny forest edges
- common in temperate regions

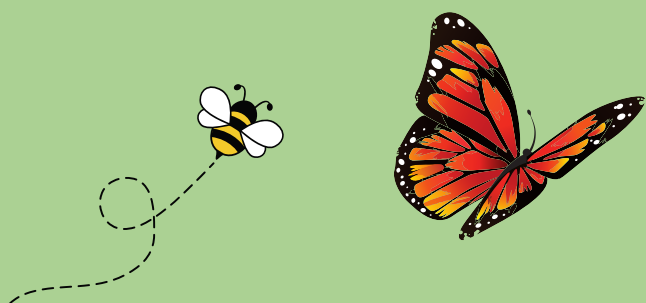
GROWING & HARVESTING INFORMATION

- prefers sunny spots and dry, well-drained soil
- can be grown in gardens or pots
- sow seeds in spring or plant cuttings
- harvest leaves and flowers before full bloom for best flavour
- dry in the shade for storage



KEY CHARACTERISTICS

- perennial herb with small, purple-pink flowers
- aromatic leaves with a spicy smell
- grows up to 60 cm tall
- blooms from July to September
- attracts bees and butterflies



NICE TO KNOW

- used as a spice in Mediterranean cuisine
- has antibacterial and anti-inflammatory properties
- traditional herb in natural medicine
- also known for supporting digestion and easing coughs





WILD OREGANO OIL



INGREDIENT LIST

10 g Wild Oregano

90 g of any vegetable oil

a jar

PREPARATION STEPS

- wash the Wild Oregano and cut it in small pieces
- put the Wild Oregano inside the jar
- add the oil to the jar
- shake the jar for 3 weeks every day



POSSIBLE APPLICATION

- antispasmodic
- seasoning oil

