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# OREGANO

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## DESCRIPTION

Oregano or *Origanum vulgare*

Is an aromatic perennial herbaceous of the *Origanum* genre, widely used in Mediterranean cuisine. The leaves of the plant are used both dry and fresh for seasoning, but dried has more aroma and flavour. The plant forms a small squat bush of about 45 cm high, stems, often take on a reddish hue, top branches ramify but it tends to be defoliated in the lower part of the plant.

## **BENEFITS**

Medicinal properties: Oregano properties have been widely studied, the most important being the antioxidant, antimicrobial and also primary studies suggests, antitumor, antiseptic and also tonic and digestive.

In traditional medicine, oregano tea has been used in the treatment of cough.

- **Product Name:** Dried Oregano Leaves
  - **Common names:** Oregano
  - **Scientific name:** *Origanum vulgare*
  - **Cultivation:** Agro-Industrial and Handicraft
  
  - **Dehydration:** Sun-dried
  - **Harvest Date:** January to April
  - **Process Harvest:** By hand
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