Fresh Vegetable

DRY WILD OREGANO



Ref: ARH-09

Italian name: Origano selvatico essiccato

Weight order: By bundle

Description: It has an aromatic, warm and slightly bitter taste, which can vary in intensity.

Serving suggestion: It is most frequently used with roasted, fried or grilled vegetables, meat and fish. Unlike most Italian herbs, oregano combines well with spicy foods, which are popular in southern Italy. It is less commonly used in the north of the country, as marjoram generally is preferred.

Benefits: Hippocrates used oregano as an antiseptic, as well as a cure for stomach and respiratory ailments.

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