

# Did You Know?

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## Marjoram *Origanum majorana*

- Also known as sweet marjoram, is milder and sweeter than oregano which is in the same family
- Often listed and confused with oregano because they are closely related
- Is one of over 200 genera in the Lamiaceae (mint) family
- Is one of the few members of the Origanum family that is used in the perfume industry to scent soaps, lotions and colognes
- The fragrance can be described as floral and woody, reminiscent of nutmeg and cardamom, while oregano is more pungent and spicy
- The mild, sweet flavor compliments many vegetables and is used in a variety of sweet and savory dishes
- Is a tender perennial, hardy to Zone 9; The cross *O. majorana* x *O. vulgare* is referred to as hardy marjoram and is often confused with both marjoram and oregano
- Historically, along with other members of the family, used to treat colds, coughs, gastrointestinal problems and a variety of other conditions
- Is rich in polyphenols which are natural antioxidants
- Has anti-inflammatory and anti-bacterial properties
- Symbolizes happiness in the Victorian language of flowers as well as to the Greeks
- Wreathes and garlands of marjoram were worn in ancient Greek weddings as this herb was a favorite of Aphrodite
- Used as an air freshener, a charm against black magic, and planted on graves to ensure the happiness of the departed in the Middle Ages
- Marjoram, in addition to agastache, borage and certain types of lavender, are among the flowers most attractive to bees according to a study published in Functional Ecology, the journal of the British Ecological Society in 2013