



# Oregano



- Light: Full sun
- Water: Let soil dry out between waterings
- Tip: Harvest often to keep the plant producing tender new leaves

## Healing Benefits:

- Rich in carvacrol and thymol, known for antibacterial and antifungal effects.
- High in antioxidants - studies show it helps support digestive health.
- May reduce inflammation and oxidative stress.

## Popular Uses:

Pizza and pasta sauces, Greek and Italian dishes, marinades, grilled meats, salad dressings, and dried spice blends like za'atar and Italian seasoning.