



EVERYTHING *Herbal*

by Cheryl Jabz

Oregano

FLAVOR & COMMON USES



Oregano is a fragrant Mediterranean herb with a bold, earthy flavor and slightly peppery, minty notes. It is widely used in cooking and traditional wellness routines, making it one of the most versatile herbs for everyday use.

FLAVOR PROFILE

- Earthy and robust
- Warm, slightly bitter
- Peppery with a hint of mint
- Strong aroma, especially when dried

PAIRS WELL WITH



Tomatoes



Garlic



Olive oil



Lemon



Basil



Thyme

COMMON USES



Cooking: Add to pasta sauces, pizza, soups, roasted vegetables, meats, and marinades.



Herbal Tea: Steep fresh or dried oregano leaves in hot water for a soothing herbal tea.



Herb Blends: Combine with basil, thyme, rosemary, and parsley in savory dishes.



Infused Oils & Vinegars: Use to flavor homemade oil or vinegar blends.



Steam & Wellness: Often used in steam bowls and traditional herbal preparations.

GOOD TO KNOW

- Fresh oregano is stronger than many herbs but milder than the dried version.
- Dried oregano has a deeper, more concentrated flavor.
- Use lightly at first—its flavor can become overpowering.

SCAN TO VISIT &
DOWNLOAD



Oregano adds bold flavor and herbal warmth to both the kitchen and the home.



DOWNLOAD THIS GUIDE

www.EverythingHerbalbyCherylJabz.com



PRINT



SAVE



SHARE