Cuban Oregano

_Plectranthus amboinicus_

**When to Plant:** Spring

**When to Harvest:** Summer, cut a long stem just above lower leaves for best effect

**Uses in Medicine:** Has been historically used in treating respiratory/throat infections, rheumatism, constipation, flatulence, and lactation promotion.

**Uses in Cooking:** Can be used to substitute Mediterranean oregano. Dried and crushed leaves can be used for meat dishes. Fresh leaves are used in soups and stews.

**Fun Facts:** Also goes by the name of Spanish thyme, Indian borage, and Mexican mint; Oregano in ancient greek means 'Joy of the Mountain'. Blooms attract pollinators; this plant is considered a succulent!