

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!

