



Oregano

Oregano is an herb that derives its name from two Greek words meaning “the joy of the mountain.” It is a hardy member of the mint family that has been used for flavoring fish, meat and sauces since ancient times. Oregano goes well with vegetables, roast beef, lamb, chicken, pork, and poultry. Generally it is used to season Mexican, Italian, Greek and Spanish dishes. With its warm, aromatic bouquet and robust flavor, it is used in seasoning soups, stews, meat pies, pasta sauces and shellfish.