

Dragonfly's Nook

PLANTS ♦ CRAFTS ♦ GOOD VIBES
Grow a kinder, greener tomorrow ♥

OREGANO

(*Origanum vulgare*)

Strong Roots, Brighter Days

A fragrant herb with powerful benefits.

Small
Plant
Big
Medicine

Happy
Plants
Happier
People

Medicinal Benefits

- ♥ **Powerful antimicrobial** – Contains compounds like carvacrol and thymol that inhibit the growth of harmful bacteria, fungi, and viruses (1, 2).
- ♥ **Supports respiratory health** – May help relieve symptoms of colds, coughs, and bronchitis due to its anti-inflammatory and antimicrobial properties (3, 4).
- ♥ **Rich in antioxidants** – Helps protect cells from damage and may reduce inflammation (5).
- ♥ **Supports digestive health** – May help relieve gas, bloating, indigestion, and intestinal discomfort (6).
- ♥ **May support immune function** – Contains compounds that help modulate immune responses (7).
- ♥ **Potential anti-inflammatory effects** – May help reduce inflammation associated with chronic conditions (8).

Plant Information

- ☀ **Type:** Perennial herb
- ↑ **Height:** 1 – 3 feet
- ↔ **Spread:** 1 – 2 feet
- 🌸 **Bloom Time:** Summer (small white, pink, or purple flowers)
- ☀ **Sunlight:** Full sun (at least 6 hours)
- 💧 **Soil:** Well-draining, moderately fertile soil
- 🌿 **Water:** Low to moderate (drought tolerant once established)
- 🌿 **Hardiness Zones:** 5 – 9

Easy to grow,
hard to live without! ♥

Good for the Garden

- ♥ Attracts bees, butterflies, and other beneficial pollinators
- ♥ Great for herb gardens, borders, containers, and companion planting
- ♥ Helps deter common garden pests (like aphids and cabbage worms)
- ♥ Drought tolerant and low maintenance
- ♥ Pairs well with tomatoes, peppers, and other vegetables

A little oregano
goes a long way
for a healthier you. ♥

Good
Food
Good
Health

Oregano
Flavor
Healing
Protection

How to Use Oregano

Different parts of the plant can be used in many beneficial ways!

Leaves

(most commonly used)



- ♥ Use fresh or dried in cooking
- ♥ Brew into teas or infusions
- ♥ Infuse into oils (for topical use or culinary)
- ♥ Add to vinegars, sauces, and marinades
- ♥ Use in herbal blends and seasoning mixes
- ♥ Traditionally used to support digestive and respiratory health

Bold flavor.
Big benefits. ♥

Flowers

(edible and beneficial)



- ♥ Use fresh or dried in teas (milder flavor)
- ♥ Add to salads and dishes as a garnish
- ♥ Infuse into oils or honeys
- ♥ Contain many of the same beneficial compounds as the leaves, including antioxidants (5)
- ♥ Attract pollinators to your garden

Tiny blooms.
Mighty medicine. ♥

Stems

(often overlooked)



- ♥ Can be used in cooking (soups, stews, broths)
- ♥ Add to herbal teas and infusions
- ♥ Use to make infused oils or vinegars
- ♥ Contain beneficial compounds, though in lower amounts than leaves (9)
- ♥ Great for making homemade herbal vinegars or cleaning sprays (antimicrobial)

Don't toss the stems —
they still have goodness! ♥

Popular Ways to Enjoy



Herbal Tea

Infused Oil

Culinary Use



Sachets &
Potpourri



Salve
(topical use)



Tincture
(internal or topical)

From your garden to your home —
oregano brings wellness, flavor, and joy. ♥

A Note on Safety

- ♥ Generally safe in culinary amounts.
- ♥ High doses may cause stomach upset in some individuals.
- ♥ Avoid large medicinal doses during pregnancy.
- ♥ Consult a healthcare provider if you have bleeding disorders or are taking blood-thinning medications.

Selected Studies & Sources

1. Dorman & Deans, 2000. *J. Appl. Microbiol.*
2. Lambert et al., 2001. *Appl. Environ. Microbiol.*
3. Kintzios, 2002. *Phytother. Res.*
4. Şahin et al., 2012. *J. Med. Food.*
5. Bendahou et al., 2008. *Food Chem.*
6. Nostro et al., 2007. *Pharmacol. Res.*
7. Nabavi et al., 2014. *Evid. Based Complement. Alternat. Med.*
8. Faleiro et al., 2013. *Food Funct.*
9. Taarit et al., 2011. *Ind. Crops Prod.*

(Full citations available upon request)

Healthy Plants
Healthy People
Happier Days

Plant Wellness ♥ Grow Joy ♥ Dragonfly's Nook ♥