



SCUOLA SECONDARIA DI PRIMO GRADO
"GERARDO DA VIGNOLE"
DI SANT'ANGELO IN PONTANO

**AROMATIC
PLANTS**



OREGANO

It belongs to the Lamiaceae family and includes several dozens of species including common oregano, *origanum vulgare*. The name of the genus was first used by Theophrastus (371 BC - Athens, 287 BC), a Greek philosopher and botanist, disciple of Aristotle.

Origanum is made up of two words “oros” (mountain) and “ganào” (I am pleased) that allude to “the joy of the mountain” or to “the beauty, brightness, ornament of the mountain”.

DESCRIPTION OF THE PLANT

It is a herbaceous, perennial, bushy plant, native of the Mediterranean countries and it is cultivated as an aromatic plant and for its therapeutic properties. It was already known and used by Egyptians and Greeks with a particular meaning of peace and happiness (bride and groom adorned themselves with it on their wedding day).



Its habitat is represented by hilly areas with sandy soils, up to mountainous areas no higher than 2,000 metres. It prefers sun exposure and soil moisture. It can reach a height of about 80 centimetres and it blooms all summer, and the flowers form small fragrant spikes ranging in color from pink to purple (in the past it was used to dye wool). After ripening it becomes semi-shrubby.



CULTIVATION

The cultivation of oregano is very simple, both in the field and in pots. The plant is resistant, watering must be infrequent and sporadic. It easily reproduces both by seed and by tuft or by cutting. Sowing, on the other hand, can be done at the end of February in special pots or in seedbeds. After growing, the seedlings can be transferred to the ground or into larger pots with the arrival of spring.



Water stagnation which causes the death of the plant must be carefully avoided. Although it lives well up to 2000 metres above sea level, frost or intense cold can harm crops, so it is necessary to protect them against night frosts.



THERAPEUTIC PROPERTIES



- It promotes digestion as it stimulates the secretion of gastric juices (the leaves are mainly used, as they are rich in phenols - thymol and carvachlor-).
- It is antispasmodic, antiseptic (an effective remedy for sore throats by gargling, mixing water and oregano, then boiling it for a few minutes and then filtering it).
- It is vermifuge, calming, analgesic and expectorant.

- It has antioxidant properties, especially the essential oil.
- It has an antiparasitic action especially towards intestinal agents.
- Among many uses there is also that of removing ants in a natural way.



From a nutritional point of view, it contains mineral salts such as calcium, potassium, sodium, phosphorus, iron, magnesium; vitamins of group A, B, C, D, E and K.

* Homeopathic medicine also uses it in the form of a tincture.





SANTOLINA

It is an evergreen shrub belonging to the Asteraceae - Compositae family. It is also called crespolina, known for its largely culinary use. Its use as a border or for the creation of parterre in gardens is not excluded.

The name Santolina derives from two Latin words: “sanctum” (holy) and “linum” (linen).

DESCRIPTION OF THE PLANT

It is a shrubby plant probably originating from the Mediterranean area, with an erect or semi-prostrate posture, it is very aromatic. In Italy it is present in almost the entire territory. It grows in arid and stony places, from the plain to 1000 metres, it can reach 30-60 cm in height, expanding for 80-90 cm in width. The woody stem is covered with small and finely divided leaves which are generally arranged alternately, closely together, fluffy to the touch and with a very intense scent, with silver-grey branches covered with white felt.



The yellow inflorescences appear at the end of June and they are composed of radiated, disciform or discoid flower heads both solitary and in loose corymbs, without petals.



CULTIVATION

The multiplication of Santolina takes place by sowing in soil and sand in the month of May and by shoot cuttings during the summer season. The shoots, about 6 - 8 cm long, are only cut from July to September and placed to root in a mixture of peat and sand in equal parts. Repotting of the cuttings is necessary in April of the following year.



In the summer months, occasional watering may be necessary. It is very rustic: it tolerates both high and low temperatures (it is advisable to protect it by mulching the foot and the head with an abundant layer of straw). In areas where it snows abundantly, there is a danger that the branches may break under the weight of the snow. It also tolerates saltiness well and its roots are very useful as containment to the slopes.

Pruning: it is advisable, after flowering, to prune the bush to stimulate the production of basal shoots and give it roundness and fullness.



THERAPEUTIC PROPERTIES

- It has digestive, antispasmodic, tonic-stimulating, antiseptic (infusion or decoction) properties.
- It is recommended in case of premenstrual syndrome, jaundice, swelling and worms.
- For external use as an anti-itch in case of insect bites.
- In ancient times it was used to perfume wardrobes and keep moths away, and as an insect repellent.



* The twigs must be cut in early summer when they are in full bloom and let them dry in a shady and ventilated place, away from light and humidity.





SAVORY

It belongs to the Limbiacee family, native to the Mediterranean, whose properties make it a good natural remedy for various ailments. It is also known by the name of Bean Grass, as it grows in the same period.

Its name derives from the Greek sàtyros (satyr) due to the aphrodisiac properties attributed by the ancient Greeks and it is known as "satyr's herb" (half man, half goat). According to tradition, the satyrs lived in savory meadows. During the reign of Caesar, it is believed the Romans introduced savory in England, where it quickly became popular both as a medicine and a culinary plant.

DESCRIPTION OF THE PLANT

It has a thin stem and small pointed leaves that have a gray-like hue. It can reach a height of 40 cm. The flowers are light – coloured, white or pink. They have a tap root and an ascending or erect stem up to 40 cm high and not very branched. The roots are fibrous and do not develop very deeply. The flowers are hermaphroditic, white-pink coloured and characterized by rather small dimensions. The seeds have an extremely rounded shape, they are small and with an extremely dark colour, which in many cases also tends to black.



The leaves are opposite, lanceolate, narrow, shiny and bordered by a light down. The flowers are pinkish-white, small, gathered in spikes at the axil of the leaves.



The fruit is a black tetrachenium. They are very fragrant but seem unpleasant to some insects, such as mosquitoes.

There are two species of savory: Winter Savory and Summer Savory. The difference between the two plants is that the Summer Savory is essentially herbaceous, smaller and less intense green coloured than the Winter Savory. Summer Savory, also called domestic savory, blooms in summer; Winter savory is perennial, stronger and more adaptable to colder climates, so it survives the winter. Summer Savory, an annual plant, has a more delicate aroma, similar to that of oregano.



Winter Savory



Summer Savory

CULTIVATION

Savory grows and reproduces spontaneously, preferring the sunny positions of the Mediterranean regions up to 1500 metres above sea level.

It is a very rustic plant. It tolerates the cold well, especially if we decide to grow the Winter Savory variety, but it loves a sunny exposure.

It is suitable for being grown in all substrates, as long as there is no stagnating water.

It has small seeds that germinate very easily. The plant can therefore be easily obtained starting from the seed, which can be placed directly in the garden in spring. On the other hand, if you want to sow in pots, you can put it between February and March to transplant in April. After sowing and up to the development of the plant, it is necessary to wet the soil regularly.



The perennial variety reproduces by summer cuttings or by division of the tufts in spring and autumn.



THERAPEUTIC PROPERTIES

- It has an antiseptic, antispasmodic, carminative, expectorant, stimulating, stomachic action.
- Healing of kidney, lung and intestinal infections.
- Savory essential oil has antiviral and antibacterial properties and it is therefore recommended in cases of colds and flu.
- The savory infusion helps digestion, reduces nervous gastric pain, intestinal fermentation.
- It is also used in case of bloating, vomiting, asthma and bronchitis.



* Savory contains a fair amount of mineral salts, precisely: calcium, sodium, phosphorus, potassium, iron, zinc, copper, manganese, magnesium, selenium, vitamin C, dietary fibre, ash, protein and fat. Water content is around 9%.

SCHOOL GARDENING



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