

# Marjoram

*Origanum majorana*

JW Farms 7



Marjoram is a perennial herb in the mint family, known for its sweet, earthy flavor with hints of pine and citrus. It is commonly used in Mediterranean cooking to season dishes like soups, stews, and salads, and has also been valued for its medicinal properties.



Marjoram is a cold-sensitive perennial herb or undershrub with sweet pine and citrus flavours. In some Middle Eastern countries, marjoram is synonymous with oregano, and there the names sweet marjoram and knotted marjoram are used to distinguish it from other plants of the genus *Origanum*. It is also called pot marjoram. It is often mistaken for Oregano but has a much lighter subtle floral sweetness in taste.

Anything that is not a sweet or knotted marjoram is an oregano, and that includes potent, peppery Mexican marjoram, which is also confusingly called Mexican sage or Mexican oregano.

Oregano is common in Italian and Mediterranean dishes, while marjoram is more common in English and French cuisine.



With all of these identity crises, what is the difference, then, between sweet marjoram and brash oregano? As mentioned, they are very closely related. There are several types of oregano that also go by variations of marjoram, but only the sweet or knotted type counts as the latter.

Oregano, on the other hand, is bigger and bolder in flavor and aroma, much more pungent and assertive. Its appearance, although bearing a clear resemblance to milder marjoram, is also a stronger presence, as its distinct greenery takes on tones of deep olive as opposed to marjoram's fuzzy leaves and grayish greens.

Digestion  
 Menstrual Regulation  
 Hormone Balance  
 Stimulates Appetite  
 Gallstone Prevention  
 Gastric Ulcers  
 Heart Health  
 Dilates Blood Vessels  
 Lowers BP  
 Improves Cardiovascular  
 Anxiety  
 Stress  
 Sedative  
 Neurological Health  
 Coughs  
 Colds  
 Headache  
 Nerve Pain  
 Muscle Pain  
 Diabetes  
 Menopause Symptoms  
 Polycystic Ovarian Syndrome  
 Reduces Androgen Levels  
 Anorexia  
 Dyspepsia  
 Diarrhea  
 Flatulence  
 Cramps  
 Ulcers  
 Clean Wounds  
 Acne  
 Asthma  
 Insomnia  
 Headache  
 Ovarian Cysts  
 UTI  
 Bladder Infections  
 Anti Aging  
 Memory  
 Liver



Oregano just cannot stop trying to steal marjoram's spotlight! But that's what makes it a perfect substitute. You'll need to use less for any swaps—only 3/4 teaspoon for every full teaspoon of marjoram.

JW Farms

7



The Anti's:

Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antiseptic  
 Antipyretic  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Anti-Diarrheal  
 Antiviral  
 Antispasmodic

## Caution

Do Not Use when Pregnant or Breastfeeding.

Has powerful Hormonal and Menstrual effects.

May have allergic reactions if you are allergic to basil, lavender, and other culinary herbs.

You can add fresh marjoram or dried leaves to just about any savory dish or food. It goes great in dressings, marinades, as a topping, Dried marjoram does lose its potency over several months, so it's best to buy small amounts at a time unless you make tea often with it or use it at least weekly.

Interestingly, the strongest data about marjoram is for its use in pain and to uplift mood. Marjoram may help many chronic conditions because it has strong antioxidant effects and may reduce inflammation. It also may help protect organs like the heart and the liver.