

Origan (French), wild marjoram (English), 牛至 (niú zhì, Mandarin), الزعتر البري (alzaetar albariyu, Arabic)



Oregano

a taste of Europe on the Floridian table

Oregano is native to the Mediterranean region of Europe where it has been used as food and medicine for thousands of years. It was an important herb in Classical Greece and Rome, and it is prepared in a variety of different cooking styles throughout southern Europe today. It was brought to Latin America by the Spanish during the colonial period. Yet it was not introduced to North America until immigrants from Italy and Greece entered the U.S. at the turn of the 20th century, and it was later popularized by soldiers returning from World War II. In Florida today, oregano is grown in containers on patios and in home gardens in much of the same way it has been grown in Europe for centuries.

To learn more about Florida's culinary history, visit floridaheritagefoods.com

Taking care of oregano plant



PARSLEY-OREGANO BAKING SAUCE

60
MINUTES
TOTAL

4
TOTAL
SERVINGS



INGREDIENTS

- | | |
|--|---|
| 4 8-ounce pieces of chicken, fish, or tofu | Juice of 1 lemon or lime |
| 4 scallions, minced | 4 ounces honey mustard |
| 1/2 red bell peppers, minced | 8 tablespoons fine dry bread crumbs,
divided |
| 2 seeded and minced finger peppers | Paprika |
| 12 sprigs parsley, minced | 4 teaspoons margarine or butter |
| 4 sprigs oregano, stems discarded,
minced | |

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Coat the chicken, fish, or tofu with 1 teaspoon butter or margarine and place it skin side down on a sheet of aluminum foil large enough to cover it.
3. In a bowl mix the scallions, bell pepper, finger peppers, parsley, and oregano. Stir in the lemon or lime juice and honey mustard.
4. Divide into four equal pieces and sprinkle one portion over each piece and cover with bread crumbs and paprika.
5. Seal the aluminum foil and place in a baking pan. Bake for 10 minutes. Open the foil and cook uncovered for 10 minutes, or until lightly browned. Do not overcook.

Recipe adapted from Phelts, Marsha Dean. 2008. The American Beach Cookbook. University of Florida Press. pg. 159

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FACTS

Oregano was associated with Greek Aphrodite and Roman Venus, and the name is a compound of the Greek terms for *oros* meaning 'mountain' and *ganos* meaning 'joy.' It remains an important herb in Mediterranean herb gardens today, and it is popular in Turkish, Italian, Greek, and Spanish cuisines. In the U.S., it is a mainstay in Italian-American and Greek-American cuisine, and it is commonly used as a condiment in pizza and pasta restaurants throughout the country.

Oregano is rich in iron, manganese, vitamin K, fiber, and calcium.

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