Golden Oregano

Oreganum vulgare 'Aureum'



Height: 30cm (12in) in flower

Suitable for: Any soil, shade from full sun. Tubs and pots.

Summary: This is an attractive ornamental herb with gold pointed leaves and pale pink flowers. The pretty flowers and bright foliage make this a real addition to any garden giving colour through three seasons of the year.

More information:

Golden Oregano is less vigorous than the green leaf form and has a tendency to scorch in full sun especially in mid-summer. A little dappled shade is best to keep the foliage looking at its best.

The taste is warm and aromatic and it is an important addition to Italian, Greek and Mexican cuisine. It especially improves dishes containing garlic chilli and tomatoes, and is used in extensively spaghetti bolognaise and other pasta dishes, pizza, moussaka and aubergine and all tomato dishes.

It retains it flavour well when dried and is often used in this form particularly in the winter months.

This variety is however not as prolific as the plain leafed green oreganos, and is planted mainly for its attractiveness in the garden and its appeal to insect life such as bees and butterflies. It makes an ideal plant in mixed containers as it will not swamp the other occupants.

Rich Tomato Sauce

Tomato sauce can be used as a base for pizzas or pasta dishes. It freezes well and can be made in bulk. In summer, if there is a glut, fresh peeled tomatoes can be substituted for the tinned ones.

- 2 tbs olive oil
- 1 large onion, finely chopped
- 1 clove garlic, crushed
- 2 x 400g tins of chopped tomatoes
- 4 tbs tomato puree
- 1 tsp sugar
- 2 tsp dried oregano (or 2 tbs fresh herb)
- bay leaf

Heat the oil and gently fry the onion and garlic until soft and golden. Add the rest of the ingredients and season to taste. Simmer on a low heat in the covered pan for 30 minutes then remove the lid and simmer a little longer until the sauce has thickened.