

## **Caribbean Oregano (*Plectranthus amboinicus*)**

May be grown in your vegetable or herb garden or as a potted specimen. The leaves of this succulent herb are fleshy and strongly aromatic. Leaves are often used Caribbean cooking and also as a substitute for sage. The leaves are used medicinally in India as a cure for coughs.

**Soil & Water:** No special soil requirements are known. Average water needs – do not over water.

**Sun:** Part sun to shade.

**Cold:** Will be killed by frost

**Pruning:** Pruning will promote branching and can rejuvenate an old lanky plant.

**Propagation:** Roots easily from cuttings placed in soil.

**Pests:** None are known.

**Harvesting, storage, and preparation:** Young leaves have a milder flavor. Using too many leaves could overwhelm the flavor of a dish; when used in moderation the taste pleasant and similar to sage. The flavor is very amenable to beans. The leaves can be used fresh and chopped finely or dried for storage and crumbled. Drying the leaves can take quite a while, especially if they are left attached to the stem.

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