

Marjoram

Marjoram has been shown to have several anti-inflammatory and antimicrobial properties. It has been used medicinally to help treat a variety of ailments, including digestive issues, infections, and painful menstruation. Marjoram has historically been used to prevent digestive issues like stomach ulcers and certain food borne illnesses.

Marjoram can be used in place of oregano in any recipe. Oregano is a bit stronger than marjoram, so adjust accordingly. It goes great in tomato sauces or minced on top of a pizza. Marjoram works in anything you would add oregano to!

Herbed Butter keep it in the freezer for up to 6 months!

Warm butter up to room temperature and whip with an electric mixer. Add in any combination chopped garlic, basil, oregano, thyme, sage, onion, chives, marjoram, parsley, pepper, salt and/or dill. Put in freezer containers. Ice cube trays work great for single servings. After they are frozen transfer them to an airtight bag or container. Or you can partially chill in the refrigerator and roll into "logs" in wax paper. Then freeze the log and slice off pieces when needed!

Tips for Drying Oregano

Save those Herbs! One of the things I love about this climate is the simplicity of drying herbs. If you ever have an herb you are not using fresh, you can dry it for later use. It feels great to use the surplus of summer herbs in the winter time.

Wash the herbs thoroughly. If you have a salad spinner, use it! Take the leaves off the stems. You can do this before or after they are dry. I prefer before. Spread herbs on a plate or cookie sheet. Leave in a warm, dry place out of direct sunlight until leaves are crumbly. Place in an airtight jar and store out of sunlight and heat.

Marjoram Vinaigrette

2 cloves garlic (minced)

1 teaspoon tarragon (dried)

1 teaspoon marjoram (dried or ½ teaspoon if fresh)

1 teaspoon dry mustard

1/2 teaspoon salt

1/4 teaspoon pepper

1/2 cup olive oil

2 tablespoons red wine vinegar

Combine all ingredients in a jar with a tight lid and shake.

Lemon Marjoram Vinaigrette This dressing works great on salad or a pasta salad. Especially if you add olives and feta! The full recipe below is for **Summer Salad with Lemon Marjoram Vinaigrette**.

4 cups arugula

12 green beans

12 yellow beans

1 cup grape or cherry tomatoes, halved

1/2 cup kalamata olives

Lemon Marjoram Vinaigrette

2 tsp fresh marjoram leaves, finely chopped

1 tsp Dijon mustard

1 tbsp white wine vinegar

1 Lemon, zest and juice

Black Pepper, freshly ground, to taste

Olive Oil

For Garnishing

200g chèvre (or feta)

Sea Salt

Pine nuts, toasted

1. Steam beans for 2 minutes. Set aside to cool.

2. Mix together all the vinaigrette ingredients except the olive oil. Set aside.

3. Prepare the rest of the ingredients, adding the beans, tomatoes and olives to a mixing bowl.

4. Whisk the olive oil into the vinaigrette. Pour into the mixing bowl, and toss to cover the vegetables.

5. Just before serving, make a bed of arugula (spicy mix, or Cosmic Mix) at the bottom of a serving dish, pour the marinated vegetables on top, and garnish with crumbled chèvre, pine nuts and salt.