



PERENNIAL GREEN LEAF
HERB
BEES AND BUTTERFLIES
EDIBLE FLOWERS
EDIMENTALS



Winter savoury

Satureja montana

Easy to grow, attractive culinary herb that can be used as an ornamental garden edging plant

PLANT TYPE Herb

PLANT HABIT Perennial

USES Culinary, Pollinators, Ornamental

DESCRIPTION

Winter savory is easy to grow, attractive culinary herb that can be used as an ornamental garden edging plant. Like most Mediterranean plants like well-draining soil and full sun. It has dark green leaves and flowers appearing in summer between July and October ranging from pale lavender or pink to white.

Winter savoury has a reputation for going very well with both beans and meats, very often lighter meats such as chicken or turkey, and can be used in stuffing. It can also be used in soups and sauces. As a dried herb has a citrusy-thyme-like flavour. We have used it as an addition or even full replacement replacement for Marjoram when making Zataar as it compliments the citrusy taste of Sumac.

Also known as Mountain Savoury.

RECOMMENDED LOCATION Pot, Kitchen garden, Wildlife garden, Ornamental garden

ASPECT Full sun

HEIGHT 0.1-0.4m

SPREAD 0.1-0.4m

HARDINESS Hardy in the UK

MANAGEMENT AND CARE

In temperate climates it becomes dormant in winter, putting out leaves on the bare stems in the spring. While dormant, it should not be cut back; stems which appear dead will leaf-out again.

ORIGIN/HISTORY

Satureja montana is native to warm temperate regions of southern Europe, the Mediterranean, and Africa. There is evidence of its use about 2000 years ago by the ancient Romans and Greeks. It has been naturalised in Great Britain.

The herb was first published by Carl Linnaeus in his book *Species Plantarum* on page 568 in 1753. The Latin specific epithet *montana* refers to mountains or coming from mountains, leading to the common name 'mountain savory'.

Winter Savory has been traditionally used to strew on the floor since the medieval times, as an aromatic herb that reduces insects.

The closely related summer savory (*Satureja hortensis* L.) is an annual plant.