



Herb, Oregano

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA , Mexico

Receiving Information:

- Good quality herbs should exhibit color consistent with variety, hearty aroma, high leaf-to-stem ratio, and leaves that are firmly attached to stems.
- Avoid herbs with brown, black, or bruised leaves. Avoid herbs with limp leaves or that are flowering.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- Fresh herbs are sensitive to ethylene; exposure to the gas may accelerate loss of green color, especially if herbs are also stored in a warm area.
- For best quality, keep herbs away from ethylene-producing and ripening rooms.

- Outside Coloring: Dark green.
- Shape: Ground or small leaves.
- Taste: Pungent, spicy, slightly bitter taste and aroma, but is milder than Mexican oregano.
- Skin Texture: Smooth leaf, slightly coarse.
- Usage: Oregano is excellent paired with tomato, egg or cheese-based foods, and is also a great addition to many lamb, pork, and beef main dishes. Try sauteing aromatic vegetables in olive oil with garlic and Greek Oregano.

Nutrition Facts

Serving Size: 1 teaspoon

Amount Per Serving

	Fat Calories	% Daily Value*
Calories 3		
Total Fat 0 g		
Sat Fat 0 g		
Trans Fat		
Cholesterol 0 mg		
Sodium 1mg	0%	
Total Carbohydrates 1g	1%	
Dietary Fiber 0g	2%	
Sugars 0g		
Protein 0g	0%	
Potassium 13mg	0%	
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 2%	

*Percent Daily Values are based on a 2,000-calorie diet.