

SAVORY

Satureja montana (Winter)

I have been growing savory for over 10 years and yet when family and friends walk my garden paths no one seems to recognize it. However, after touching the lush green mounds of savory and tasting its peppery leaves, they all vow to have savory in their gardens next season.

Description: Hardy evergreen with woody upright stems with dark green glossy leaves and small white flowers. There is also an annual Summer Savory.



Winter Savory

Plant Type: Hardy Perennial **Grow Zone:** 4-8

Height: 12" **Spacing:** plant 8-10" apart **Soil:** light, well drained

Propagation: Savory can be grown from seeds but will take at least 20 days to germinate. Savory can also be grown by layering, division or cuttings. Savory does best when seeds are planted during the moon's first quarter phase.

Planting Location: Full sun. Savory is an excellent choice for rock gardens and containers. It's a favorite of honeybees, so locate plants near hives if possible.

Maintenance: Prune often to prevent woody growth and to keep bushy.

Harvesting: Harvest leaves just as flower buds are formed. Harvesting can start once plant is at least six inches in height.

Preserving: Savory dries and stores very well. It can be dried in an electric dehydrator or on racks made of screen or board laths.

History/Mythology: Savory is one of the oldest flavoring herbs recorded. Charlemagne had savory as one of the 78 tasty herbs grown in his royal gardens in the year 812. The Romans introduced savory into Britain where it became a valued disinfectant-strewing herb. Historically winter savory was believed to decrease the sex drive and summer savory increase it.

Culinary: Savory has a very peppery flavor and is known as the "bean herb" and should always be paired with beans, fresh or dried. In Germany it is called *hohnenkraut* or *herb bean*. Savory is an excellent choice to add to most vegetables and is a great addition to soups, particularly cream-based ones. Dried savory is excellent to mix with breadcrumbs for coating fish or meats. Savory is part of the "herbes de Provence" herb mixture. Fresh savory when chewed will help freshen the breath and mouth and will aid in digestion of foods.

Household: Add crushed dried savory to household cleaning solutions and it will help inhibit growth of bacteria and fungi.

Companion plant: Grows well with beans, onions, thyme and oregano.

"Here's flowers for you: hot lavender, mints, savory and marjoram" from The Winter's Tale.