

A simple guide to

OREGANO

Earthy, peppery flavor is strongest when fresh.



Bright green, oval leaves. Flowers are edible.



Easy to grow perennial that makes a great addition to herb gardens.



In Season

May - October

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How To Select



Choose stems with bright, perky green leaves.



Avoid wilted leaves with brown or yellow spots.

How To Store

- Arrange stems in a single layer on a damp paper towel & roll it loosely. Place in a zip-close bag & refrigerate up to 14 days.
- Dried oregano can be stored in an airtight jar up to a year for optimal freshness.

How To Prepare

Dried



Rinse & pat dry. Place oregano in a single layer on baking sheet. Bake at 170°F 1 hour.

Fresh



Pull a sprig of oregano through fingers or a fork for easy removal of leaves!

Mince & add to soups, stews, marinades, salad dressings & pasta dishes.



Tip: Make your own infused oil! Combine olive oil, fresh oregano & fresh garlic in a bottle & seal. Let sit in a cool, dark place 1-2 weeks before using. Great for cooking or as a dressing!

CHIPOTLE PORK STEW

Ingredients:

- 1 Tbsp olive oil
- 1 1/2 lbs pork loin roast, trimmed & diced into 1-inch cubes
- 1/4 cup canned chipotle peppers in adobo sauce, minced
- 2 tsp garlic powder
- 2 bell peppers, sliced
- 1 large white onion, sliced
- 1 (15 oz) can no-salt-added diced tomatoes
- 1 (32) oz carton unsalted beef broth
- 1 (15 oz) can pinto beans, drained & rinsed
- 2 cups frozen corn
- 2 Tbsp fresh oregano, chopped

Preparation:

1. In a large stockpot, heat oil over medium-high heat. Add pork, chipotles & garlic powder. Cook 4-5 minutes, until browned on all sides. Remove pork from pan & set aside.
2. In the same stockpot, add bell peppers & onion & cook 3-5 minutes until soft. Add tomatoes & broth. Bring to a boil, then stir in beans & corn. Reduce heat & simmer for 5-10 minutes.
3. Add oregano & pork back into pot. Simmer 5-10 more minutes, until stew is slightly thickened. Divide into bowls & serve.

30 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(536g)
Amount per serving	
Calories	320
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 300mg	13%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 2mg	10%
Potassium 965mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?



This recipe is 1 for 1 certified & meets a lower sodium standard.

