



# Savory

*Satureja species*

Mint Family (Lamiaceae)

Zones: 5-8

Full Sun

Moderate Water

Location: Floral Walk, Herb Garden

Savory not only performs well in Utah gardens; it has a variety of uses and a rich history.

The use of Savory (*S. montana* and *hortensis*) began in ancient times. Its reputation as an aphrodisiac leads to its Latin name; satyrus literally means 'a satyr'. It has been used as a strewing herb for its disinfectant properties. The Romans loved flavoring foods with a savory flavored vinegar. It is also reputed to improve the flavor of honey when grown near honeybee hives.

Sources disagree on which savory, winter or summer, has the strongest flavor. The foliage of both has a peppery thyme flavor and can be a good substitute for people on low salt diets. It can be used in flavoring meat, egg, fish, stew and bean dishes. Sauces, vinegars and teas are also made from savory. Commercially, savory is used in making sausages and salami.

Savory is believed to relieve asthma, diarrhea and digestive disorders. A cup of savory tea after each meal is believed to aid digestion and intestinal gas. (Thus with beans, it not only adds to the flavor, but calms the resulting winds.)

Winter Savory, *Satureja montana*, makes a great garden plant and can be viewed in the parterre in the Herb Garden. Its foliage is evergreen and it has a very showy display of white flowers in early summer. Winter Savory grows about 6 to 16" tall and up to 2' wide. Most Savory plants need full sun and moist well-drained soils, although Winter Savory can handle drier soils than that of Summer Savory.

Summer Savory, *Satureja hortensis* is an annual in Utah's climate and has pale pink flowers in summer. It is said to relieve bee stings when the leaves are crushed and rubbed on the wound.

*Satureja spicigera* is a creeping form and makes a nice groundcover.