

# Did You Know?

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## Summer Savory, *Satureja hortensis*

- Summer savory is primarily a culinary herb, but it is also known to be an attractive addition to the landscape and has a history of medicinal use.
- For more than 2,000 years, this herb has been used for flavoring many dishes. Ancient Egyptians seasoned their food with summer savory. Sauces and vinegar were flavored by the Romans, while people in southern Italy used it with grilled fish and lamb. Medieval folks even added summer savory to sweet cakes and pies.
- A member of the mint family, savory has a peppery taste with a flavor often compared to a blend of marjoram and thyme.
- Summer savory is a full sun annual that grows in well-drained fertile soil and has pink or white flowers in late summer to early fall.
- Early cultures prescribed savory as an aphrodisiac and it became an essential ingredient in love potions.
- Historically, summer savory was used for a number of ailments, including stomach issues, joint pain and other general complaints.
- Summer savory is high in vitamins A, C, the B-complex group, as well as an excellent source of the minerals calcium, iron, manganese, magnesium, potassium, selenium, and zinc.
- Summer savory is known as “the bean herb” and is added to dishes with beans to ease diner’s gas pains after eating.
- Summer savory blends well with other herbs such as parsley, marjoram, oregano, basil, rosemary and thyme.
- While this herb complements fish, meat, poultry and eggs, it goes especially well with beans, cabbage, corn, citrus, apples, tomatoes and potatoes.

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