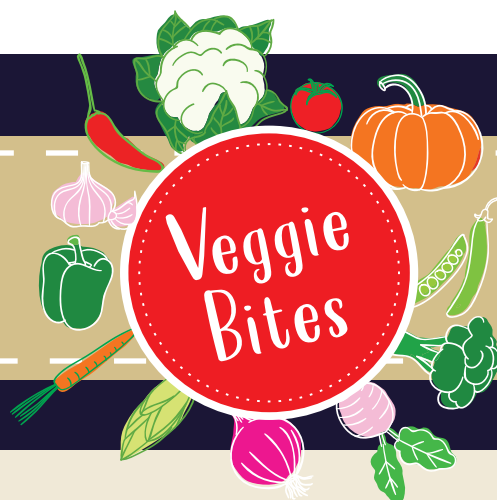


# Marjoram Mejorana



Try It!



## Selection

Marjoram is best if grown in the home so that the cuttings used are the freshest possible. Marjoram can be purchased and dried for longer storing times. When taking cuttings from growing marjoram take them from new shoots and cut about 3 inches down. Take cuttings in late spring when the leaves are firm and will not wilt.

## Uses

Marjoram leaves and flowers are used fresh or dried in cooking many foods. Marjoram also flavors stews, marinades, sautés, dressing, vinegars, butter and oils.

### HERBED VEGGIE SKILLET

#### Ingredients

- 2 tsp. canola or corn oil
- 8 oz. zucchini (sliced)
- 1/4 cup sliced onion
- 1/4 cup diced green bell pepper
- 3/4 cup frozen whole kernel corn
- 1/3 cup diced tomato
- 2 Tbsp. water (plus more if needed)
- 1/8 tsp. dried basil (crumbled)
- 1/8 tsp. dried marjoram (crumbled)
- 1/8 tsp. dried oregano (crumbled, to taste)

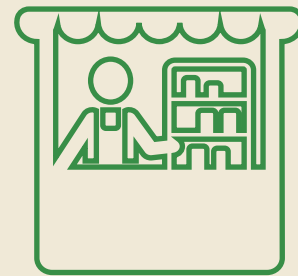
#### Instructions

1. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the zucchini, onion, and bell pepper for 3 minutes, or until the onion is soft, stirring frequently.
2. Stir in the remaining ingredients except the pepper. Cook, covered, for 5 minutes, or until the zucchini is tender, adding more water if necessary. Sprinkle with the pepper.

# History & Fun Facts

In ancient Egypt, marjoram was used in healing, disinfecting, and preserving. Aphrodite, the goddess of love, was said to treasure this herb. The Greeks called this plant joy of the mountain and used it to make wreaths and garlands for weddings and funerals. During the Middle Ages, European ladies used marjoram in nosegays.

Marjoram attracts honey bees and helps the garden. It also is used to make olive green dye and is said to have medicinal qualities.



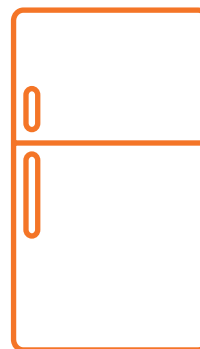
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Be sure and wash all produce right before you use it, NOT when you bring it home.
- Fruits and vegetables must be stored in separate compartments in the refrigerator.
- Store produce in perforated plastic bags.
- Be sure and refrigerate produce immediately on warm days.



### NUTRITION FACTS

Fat free

Cholesterol free

Good source of Calcium

Good source of Vitamin K

Good source of folate

Good source of Potassium



Swipe at the Information Booth on the corner of 2nd and Main.  
Double your \$10 EBT swipe on the 1st Saturday of each month!



## Swipe & Shop



## FOR MORE INFORMATION...

**Amanda Miller** | Extension Fond du Lac County  
FoodWise Coordinator and Health & Wellbeing Educator  
P: 920-929-3174 | E: [amanda.m.miller@wisc.edu](mailto:amanda.m.miller@wisc.edu)

**Amber Bodart** | Downtown Fond du Lac Partnership, Inc.  
Director of Communication and Special Events  
P: 920-322-2006 | E: [market@downtownfdl.com](mailto:market@downtownfdl.com)

Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at [www.5aday.gov](http://www.5aday.gov); <https://recipes.heart.org/>

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.