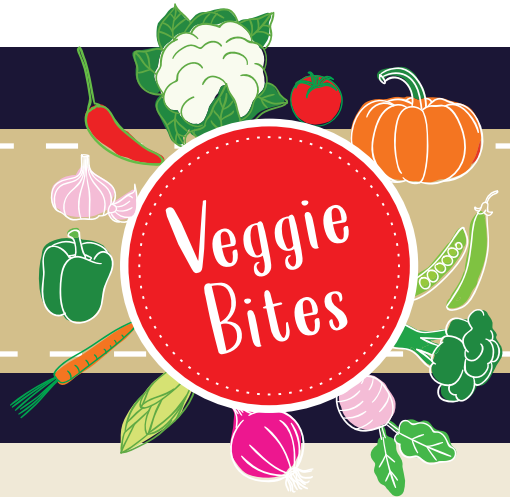


Oregano

Orégano



Try It!



Selection

When selecting Oregano be sure and choose fresh oregano when- ever possible. Fresh oregano has a better taste and flavor than the dried oregano herb. The leaves of fresh oregano should look fresh and be a vibrant green in color, the stems should be firm. Oregano should be free from dark spots and yellowing.

Uses

Oregano can be used in dry form or in fresh form. It can be added to pizza, or a sauté of mushrooms and onions. It can be added to olive oil, salad dressings, bread, or omelets and frittatas.



TOMATO & RICOTTA TOAST

Ingredients

- 1 cup ricotta cheese
- 2 Tbsp. chopped green onion or scallions
- 3/4 tsp. sodium-free Italian seasoning
- 1/8 tsp. ground black pepper
- 4 slices whole-grain or whole wheat bread
- 2-3 medium tomatoes, thickly sliced

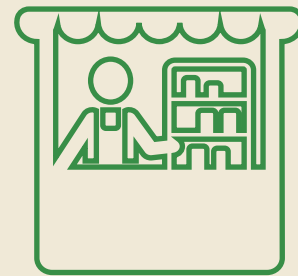
Instructions

1. In a small bowl, add ricotta cheese, chopped scallions, Italian seasoning, and black pepper. Use a spoon or spatula to combine.
2. Meanwhile, toast each bread slice and thickly slice each tomato. To assemble, spread each piece toast with 1/4 cup ricotta mixture and top with tomato slices. Serve.

History & Fun Facts

Oregano is native to northern Europe, although it grows throughout many regions of the world. It has been recognized for its aromatic properties since ancient times, with the Greeks and Romans holding oregano as a symbol of joy and happiness. In fact, it was a tradition for Greek and Roman brides and grooms to be crowned with a laurel of oregano.

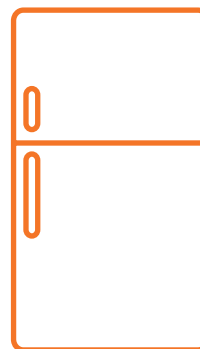
Oregano has been cultivated in France since the Middle Ages and has come to be an important herb in Mediterranean cooking. Oregano was hardly known in the United States until the early 20th century when GIs returning from Italy brought word of this fragrant and delicious herb back to the United States.



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.
- Fresh oregano should be stored in a refrigerator wrapped in a slightly damp paper towel.
- Fresh oregano is highly perishable and needs to be stored away from fruits and meats.

NUTRITION FACTS

Fat free

Cholesterol free

Good source of calcium

Good source of fiber

Excellent source of Vitamin K

Good source of Manganese



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Double your \$10 EBT swipe on the 1st Saturday of each month!



Swipe & Shop



FOR MORE INFORMATION...

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

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