

Hoosier Botanicals™

WINTER SAVORY (*Satureja montana*)

In the Kitchen...

Winter savory, as its name implies, works well with heavier winter foods. It's piney flavor is especially good with lentils, green beans, pates, game meats, white beans, potatoes and other root vegetables. It is a warm and grounding herb and is said to aid in digestion; it is often associated with beans in the culinary world. Harvest sprigs at the ends of the branches all year long. The leaves of dried winter savory can be brittle and hard to chew; be sure to crush them well before adding them to a dish.

Tuscan White Beans Soak, rinse and bring to a slow boil 1 pound of dry white beans (cannellini, navy or northern) and enough water to cover by 3". Add 12 chopped fresh sage leaves, 3 cloves sliced garlic, 1 tbsp olive oil, 2 tbsp chopped fresh winter savory and 1 sprig thyme. Simmer for 1 hour or until beans are soft. Season with salt and pepper. Serve as a stew with bread and butter or as a side dish with chicken. Serves 6.



Part used: Leaves

Condition: Fresh or dried

Ethnic span: Italian, French and German cooking

Method: Use leaves whole or chopped

Storage: Dry in dehydrator or refrigerate for a short time

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In the Garden...

Winter savory is the perennial sister to the annual summer savory. They are similar in the kitchen; however, their cultivation is quite different. Winter savory forms a compact bush with a woody base and a heavy aroma. It is a semi-evergreen perennial which means it can be harvested all winter long and will survive our winters. It is a short-lived perennial, though, and should be replaced every 3 years. It is accustomed to the semi-arid Mediterranean climate and needs little water or fertility to thrive well. It can be grown as an indoor plant as well as a garden plant. Prune regularly to maintain a full, healthy bush and use trimmings in the kitchen.

www.hort.purdue.edu/newcrop/6pac



Mint family—Labiatae

Mediterranean origins

Short-lived perennial

Full sun is best

Lower soil fertility, pH of 6.7 ideal

Keep dry; avoid over-watering

Grows to 15"

Space 10–12" apart

Flowers July through mid-September

White or lilac blossoms

Propagate by seed