

Origanum vulgare L., 1753 (Origan)

Identifiants : 22437/orivul

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 08/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Astéridées ;
- Clade : Lamiidées ;
- Ordre : Lamiales ;
- Famille : Lamiaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Lamiales ;
- Famille : Lamiaceae ;
- Genre : Origanum ;

- Synonymes : *Mentha formosana* (C.Marquand) S.S.Ying 1989, *Origanum hirtum* Link 1822 [subsp. *hirtum* (Link) letsw.] ;

- Synonymes français : marjolaine sauvage, marjolaine vivace, marjolaine bâtarde, marjolaine d'Angleterre, grande marjolaine, thym bâlard, thym des bergers, pied-de-lit, thé rouge, marjolaine (plutôt attribué à *Origanum majorana*), origan vulgaire, marjolaine grecque [subsp. *hirtum* (Link) letsw.] ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Algerian oregano [subsp. *glandulosum*], European oregano [subsp. *vulgare*], Greek oregano [subsp. *hirtum*], oregano [subsp. *vulgare*], pot marjoram [subsp. *vulgare*], Russian oregano [subsp. *gracile*], wild marjoram, wild marjoram [subsp. *vulgare*], wintersweet [subsp. *vulgare*], delight of the mountain, niu zhi (cn transcrit), borstiger gewöhnlicher Dost [subsp. *hirtum*] (de), griechischer Oregano [subsp. *hirtum*], brauner Dost [subsp. *vulgare*] (de), Dost [subsp. *vulgare*] (de), gewöhnlicher Dost (de), Oregano [subsp. *vulgare*] (de), wilder Majoran [subsp. *vulgare*] (de), wilder Dost (de), mehrjähriger Majoran (de), manjerona-brava [subsp. *vulgare*] (pt), orégano [subsp. *vulgare*] (pt), orégano [subsp. *vulgare*] (es), grekisk oregano [subsp. *hirtum*] (sv), kungsmynnta (sv) ;



- Note comestibilité : ****

- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :

Feuille¹ et fleur¹ comestibles. Les feuilles et les fleurs sont utilisées pour aromatiser les aliments. Ils sont utilisés dans les soupes, les ragoûts, les casseroles, les sauces et les plats de tomates et d'œufs. Ils sont également cuits comme légume. Les feuilles peuvent être séchées. Les feuilles et les graines sont marinées. Les feuilles sont séchées et infusées dans une tisane. Les sommités fleuries sont parfois mises dans la bière et la bière comme arôme et conservateur

Partie testée : feuilles - séchées^{{{0(+x)}}} (traduction automatique)

Original : Leaves - dried^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
7.2	1280	306	11.0	690	50.0	44.0	4.4



néant, inconnus ou indéterminés. néant, inconnus ou indéterminés.

- **Note médicinale :** ***

- **Illustration(s) (photographie(s) et/ou dessin(s)):**



De gauche à droite :

Par Hayne, F.G., *Getreue Darstellung und Beschreibung der in der Arzneykunde gebräuchlichen Gewächse (1805-1846)*
Getreue Darstell. Gew. vol. 8 (1822) t. 8, via plantillustrations

Par Thomé, O.W., *Flora von Deutschland Österreich und der Schweiz (1886-1889)* Fl. Deutschl. vol. 4 (1885) t. 515, via plantillustrations

Par Sturm, J., Sturm, J.W., *Deutschlands flora (1798-1855)* Deutschl. Fl. vol. 20 (1845) t. 16], via plantillustrations

Par David J. Stang, via wikimedia

Par Mattioli, *materia medica (1564-1584)* De materia medica t. 130, via plantillustrations

- **Autres infos :**

dont infos de "FOOD PLANTS INTERNATIONAL" :

- **Statut :**

C'est un légume cultivé commercialement^{{{{0(+x)}}}} (traduction automatique).

Original : It is a commercially cultivated vegetable^{{{{0(+x)}}}}.

- **Distribution :**

C'est une plante tempérée. Il peut être cultivé à partir de graines, de boutures ou de division de plantes établies. En Chine, il pousse entre 500 et 3600 m d'altitude. Dans l'Himalaya indien, il pousse entre 3 300 et 4 000 m d'altitude. Il convient aux zones de rusticité 5-9. *Herbier de Tasmanie*. Dans les jardins botaniques de Hobart. Au Sichuan et au Yunnan^{{{{0(+x)}}}} (traduction automatique).

Original : It is a temperate plant. It can be grown from seed, cuttings or division of established plants. In China it grows between 500 and 3600 m altitude. In the Indian Himalayas it grows between 3,300-4,000 m above sea level. It suits hardiness zones 5-9. *Tasmania Herbarium*. In Hobart Botanical gardens. In Sichuan and Yunnan^{{{{0(+x)}}}}.

- **Localisation :**

Afghanistan, Afrique, Asie, Australie, Balkans, Bhoutan, Bosnie, Grande-Bretagne, Canada, Caucase, Amérique centrale, Asie centrale, Chine, Îles Cook, Costa Rica, Croatie, Cuba, République tchèque, République dominicaine, Afrique de l'Est, Équateur, Égypte, Estonie, Éthiopie, Europe, France, Géorgie, Grèce, Haïti, Hawaï, Himalaya, Hongrie, Inde, Irlande, Italie, Kazakhstan, Kirghizistan, Lituanie, Macédoine, Méditerranée, Moldavie, Mongolie, Monténégro, Myanmar, Népal, Afrique du Nord, Amérique du Nord, Nord-ouest de l'Inde, Pacifique, Papouasie-Nouvelle-Guinée, PNG, Pérou, Pologne, Portugal, Roumanie, Russie, Scandinavie, Sikkim, Slovénie, Afrique du Sud, Afrique australe, Amérique du Sud, Espagne, Suède, Suisse, Taïwan, Tasmanie, Tibet, Turquie, Ukraine, USA, Antilles^{{{{0(+x)}}}} (traduction automatique).

Original : Afghanistan, Africa, Asia, Australia, Balkans, Bhutan, Bosnia, Britain, Canada, Caucasus, Central America, Central Asia, China, Cook Islands, Costa Rica, Croatia, Cuba, Czech Republic, Dominican Republic, East Africa, Ecuador, Egypt, Estonia, Ethiopia, Europe, France, Georgia, Greece, Haiti, Hawaii, Himalayas, Hungary, India, Ireland, Italy, Kazakhstan, Kyrgyzstan, Lithuania, Macedonia, Mediterranean, Moldova, Mongolia,

Montenegro, Myanmar, Nepal, North Africa, North America, NW India, Pacific, Papua New Guinea, PNG, Peru, Poland, Portugal, Romania, Russia, Scandinavia, Sikkim, Slovenia, South Africa, Southern Africa, South America, Spain, Sweden, Switzerland, Taiwan, Tasmania, Tibet, Turkey, Ukraine, USA, West Indies^{{{0(+(x)}}}.

◦ Notes :

Il existe 20 espèces d'*Origanum*. Il a des propriétés anticancéreuses^{{{0(+(x)}}} (traduction automatique).

Original : There are 20 *Origanum* species. It has anticancer properties^{{{0(+(x)}}}.

• Liens, sources et/ou références :

◦ ⁵"Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Origanum_vulgare ;

dont classification :

◦ "GRIN" (en anglais) : <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=25913> ;

dont livres et bases de données : ¹Plantes sauvages comestibles (livre pages 106 et 107, par S.G. Fleischhauer, J. Guthmann et R. Spiegelberger) ;

dont biographie/références de ⁰"FOOD PLANTS INTERNATIONAL" :

Abbet, C., et al, 2014, Ethnobotanical survey on wild alpine food plants in Lower and Central Valais (Switzerland). *Journal of Ethnopharmacology* 151 (2014) 624-634 ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 412 ; Bianchini, F., Corbetta, F., and Pistoia, M., 1975, *Fruits of the Earth*. Cassell. p 202 ; Blamey, M and Grey-Wilson, C., 2005, *Wild flowers of the Mediterranean*. A & C Black London. p 398 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 745 ; Bremness, L., 1994, *Herbs*. Collins Eyewitness Handbooks. Harper Collins. p 197 ; Brickell, C. (Ed.), 1999, *The Royal Horticultural Society A-Z Encyclopedia of Garden Plants*. Convent Garden Books. p 728 ; Burnie, G & Fenton-Smith, J., 1999, *A Grower's Guide to Herbs*. Murdoch Books. p 52 ; Bussman, R. W. et al, 2017, *Ethnobotany of Samtskhe-Javakheti, Sakartvelo (Republic of Georgia), Caucasus*. *Indian Journal of Traditional Knowledge* Vol. 16(1) pp 7-24 ; Cheifetz, A., (ed), 1999, 500 popular vegetables, herbs, fruits and nuts for Australian Gardeners. Random House p 145 ; Ciocarlan, N. & Ghendov, V., 2015, *Ethnobotanical and Ecological Studies of Wild Edible Plants from Bugeac Steppe, Republic of Moldova*. *Journal of EcoAgriTourism*. Cailta terra Vol. 11(2) ; Cundall, P., (ed.), 2004, *Gardening Australia: flora: the gardener's bible*. ABC Books. p 957 ; Denes, A., et al, 2012, *Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin*. *Acta Societatis Botanicorum Poloniae* 81 (4): 381-396 ; Dolina, K. & Luczaj, L., 2014, *Wild food plants used on the Dubrovnik coast (south-eastern Croatia)* *Acta Soc Bot Pol* 83(3):175-181 ; Ertug, F, Yenlen Bitkiler. *Resimli Târkkiye Florası - Flora of Turkey - Ethnobotany supplement* ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 132 ; French, B.R., 1986, *Food Plants of Papua New Guinea, A Compendium*. Asia Pacific Science Foundation p 371 ; Geng, Y., et al, 2016, *Traditional knowledge and its transmission of wild edibles used by the Naxi in Baidi Village, northwest Yunnan province*. *Journal of Ethnobiology and Ethnomedicine*. 12:10 ; Ghimire, S. K., et al, 2008, *Non-Timber Forest Products of Nepal Himalaya*. WWF Nepal p 88 ; Gonzalez, J. A., et al, 2011, *The consumption of wild and semi-domesticated edible plants in the Arribes del Duero (Salamanca-Zamora, Spain): an analysis of traditional knowledge*. *Genetic Resources and Crop Evolution* 58:991-1006 ; Gouldstone, S., 1983, *Growing your own Food-bearing Plants in Australia*. Macmillan p 192 ; Gunes, S. et al, 2018, *Survey of wild food plants for human consumption in Karaisalı (Adana-Turkey)*. *Indian Journal of Traditional Knowledge*. Vol. 17(2), April 2018, pp 290-298 ; Hadfield, J., 2001, *The A-Z of Vegetable Gardening in South Africa*. Struik p 134 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 452 ; Hemphill, I, 2002, *Spice Notes*. Macmillan. p 265 ; Hibbert, M., 2002, *The Aussie Plant Finder 2002, Florilegium*. p 215 ; <http://www.botanic-gardens-ljubljana.com/en/plants> ; Irving, M., 2009, *The Forager Handbook, A Guide to the Edible Plants of Britain*. Ebury Press p 219 ; Kalle, R. & Soukand, R., 2012, *Historical ethnobotanical review of wild edible plants of Estonia (1770s-1960s)* *Acta Societatis Botanicorum Poloniae* 81(4):271-281 ; Kapelle, M., et al, 2000, *Useful plants within a Campesino Community in a Costa Rican Montane Cloud Forest*. *Mountain Research and Development*, 20(2): 162-171 ; Kayabasi, N. P., et al, 2018, *Wild edible plants and their traditional use in the human nutrition in Manyas (Turkey)*. *Indian Journal of Traditional Knowledge*. Vol. 17(2), April 2018, pp 299-306 ; Kays, S. J., and Dias, J. C. S., 1995, *Common Names of Commercially Cultivated Vegetables of the World in 15 languages*. *Economic Botany*, Vol. 49, No. 2, pp. 115-152 ; Khan, M. & Hussain, S., 2014, *Diversity of wild edible plants and flowering phenology of district Poonch (J & K) in the northwest Himalaya*. *Indian Journal of Sci, Res*. 9(1): 032-038 ; Kintzios, S. E., 2006, *Terrestrial Plant-Derived Anticancer Agents and Plant Species Used in Anticancer research*. *Critical Reviews in Plant Sciences*. 25: pp 79-113 ; Kiple, K.F. & Orenelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 433 ; Kybal, J., 1980, *Herbs and Spices, A Hamlyn Colour Guide*, Hamlyn Sydney p 144 ; Lawton, B.P., 2002, *Mints. A Family of Herbs and Ornamentals*. Timber Press, Portland, Oregon. p 167 ; Lentini, F. and Venza, F., 2007, *Wild food plants of popular use in Sicily*. *J Ethnobiol Ethnomedicine*. 3: 15 ; Liu, Yi-tao, & Long, Chun-Lin, 2002, *Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan*. *Acta Botanica Yunnanica*. 24(1):41-56 ; Luczaj, L. et al, 2012, *Wild food plant use in 21st century Europe: the disappearance of old traditions and the search for new cuisines involving wild edibles*. *Acta Soc Bot Pol* 81(4):359-370 ; Ąukasz Ąuczaj and Wojciech M Szymański, 2007, *Wild vascular plants gathered for consumption in the Polish countryside: a review*. *J Ethnobiol Ethnomedicine*. 3: 17 ; Luczaj, L., et al, 2015, *Wild*

food plants and fungi used by Ukrainians in the western part of the Maramureş region in Romania. *Acta Soc Bot Pol* 84(3):339-346 ; Mabey, R., 1973, *Food for Free. A Guide to the edible wild plants of Britain*, Collins. p 134 ; Manandhar, N.P., 2002, *Plants and People of Nepal*. Timber Press. Portland, Oregon. p 339 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 102, 196 ; Menendez-Baceta, G., et al, 2012, Wild edible plants traditionally gathered in Gorbeialdea (Biscay, Basque Country) Genetic Resources and Crop Evolution 59:1329-1347 ; Michael, P., 2007, *Edible Wild Plants and Herbs*. Grub Street. London. p 147 ; Miguel, E., et al, 1989, A checklist of the cultivated plants of Cuba. *Kulturpflanze* 37. 1989, 211-357 ; Mir, M. Y., 2014, Documentation and ethnobotanical survey of wild edible plants used by the tribals of Kupwara, J & K, India. *International Journal of Herbal Medicine*. 2(4): 11-18 ; Molla, A., *Ethiopian Plant Names*. <http://www.ethiopic.com/aplants.htm> ; Mulherin, J., 1994, *Spices and natural flavourings*. Tiger Books, London. p 72 ; Pardo-de-Santayana, M., et al, 2005, The gathering and consumption of wild edible plants in the Campoo (Cantabria, Spain). *International Journal of Food Sciences and Nutrition*. 56(7): 529-542 ; Pieroni, A., 1999, Gathered wild food plants in the Upper Valley of the Serchio River (Garfagnana), Central Italy. *Economic Botany* 53(3) pp 327-341 ; Pieroni, A. & Soukand, R., 2018, Forest as Stronghold of Local Ecological Practice: Currently Used Wild Food Plants in Polesia, Northern Ukraine. *Economic Botany*, XX(X) pp. 1-21 ; Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. <http://www.scs.leeds.ac.uk/pfaf/> ; Polat, R., et al, 2015, Survey of wild food plants for human consumption in Elazig (Turkey). *Indian Journal of Traditional Knowledge*. Vol. 1(1): 69-75 ; Polat, R., et al, 2017, Survey of wild food plants for human consumption in Bingol, (Turkey). *Indian Journal of Traditional Knowledge*. Vol. 16(3) July 2017, pp. 378-384 ; Rawat, G.S., & Pangtey, Y.P.S., 1987, A Contribution to the Ethnobotany of Alpine Regions of Kumaon. *J. Econ. Tax. Bot.* Vol. 11 No. 1 pp 139-147 ; Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. *Ecology of Food and Nutrition*, 45:189-232 ; Redzic, S., 2010, Use of Wild and Semi-Wild Edible Plants in Nutrition and Survival of People in 1430 Days of Siege of Sarajevo during the War in Bosnia and Herzegovina (1992-1995). *Coll. Antropol* 34 (2010) 2:551-570 ; Rigat, M et al, 2009, Ethnobotany of Food Plants in the High River Ter Valley (Pyrenees, catalonia, Iberian Peninsula): Non-Crop Food Vascular Plants and Crop Food Plants with medicinal Properties. *Ecology of Food and Nutrition*, 48:303-327 ; Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. *Indian Journal of Traditional Knowledge*. Vol 17(1) January 2018 pp 122-131 ; Sharma, P., et al, 2013, Wild edibles of Murari Devi and surrounding areas in Mandi district of Himachal Pradesh, India. *International Journal of Biodiversity and Conservation*. Vol. 5(9), pp. 580-592, September 2013 ; Shikov, A. N. et al, 2017, Traditional and Current Food Use of Wild Plants Listed in the Russian Pharmacopoeia. *Frontiers in Pharmacology*. Vol. 8 Article 841 ; Simkova, K. et al, 2014, Ethnobotanical review of wild edible plants used in the Czech Republic. *Journal of Applied Botany and Food Quality* 88, 49-67 ; Singh, H.B., Arora R.K., 1978, Wild edible Plants of India. *Indian Council of Agricultural Research*, New Delhi. p 31 ; Sp. pl. 2:590. 1753 ; Staples, G.W. and Herbst, D.R., 2005, *A tropical Garden Flora*. Bishop Museum Press, Honolulu, Hawaii. p 365 ; Tardio, J., et al, 2006, Ethnobotanical review of wild edible plants in Spain. *Botanical J. Linnean Soc.* 152 (2006), 27-71 ; Tronickova, E. & Krejcova, Z., 1987, Ortaggi, Istituto Geografico de Agostini, Cecoslovacchia. p 208 ; Tyagi, R. K., et al, 2004, Conservation of Spices Germplasm in India. *Indian J. Plant Genet. Resour.* 17(3): 163-174 ; Urgamal, M., Oyuntsetseg, B., Nyambayar, D. & Dulamsuren, Ch. 2014. *Conspectus of the vascular plants of Mongolia*. (Editors: Sanchir, Ch. & Jamsran, Ts.). Ulaanbaatar, Mongolia. Admon Press. 334pp. (p. 79-90). ; van Wyk, B., 2005, *Food Plants of the World. An illustrated guide*. Timber press. p 269 ; Zhang, L., et al, 2016, Ethnobotanical study of traditional edible plants used by the Naxi people during droughts. *Journal of Ethnobiology and Ethnomedicine*. 12:39