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## Selection

When selecting oregano be sure and choose fresh oregano whenever possible. Fresh oregano has a better taste and flavor than dried oregano.

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.

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## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Fresh oregano is highly perishable and should be stored in the refrigerator wrapped in a slightly damp paper towel.
- ◆ Wash produce only right before you intend to use it.
- ◆ Keep produce and meats away from each other in the refrigerator.

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## Why Buy Local?

- ◆ Fresh fruits and vegetables are more flavorful, more nutritious and keeps more of its vitamins and minerals than processed foods.
- ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles!
- ◆ What you spend supports the family farms who are your neighbors.
- ◆ Local foods taste good!



### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

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# Veggie Bites



**Oregano**  
**Orégano**

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## Uses

Oregano can be used in dry form or in fresh form.

Add oregano to pizza, or a sauté of mushrooms and onions. Also is great added to olive oil, salad dressings, bread, or omelets and frittatas.



Chicken Oregano

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## 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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Primary Sources: WH Foods; Photos found on Google images

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## Try It!

### Chicken Oregano

#### INGREDIENTS

- |         |   |
|---------|---|
| 1 pound | Chicken breast, halved, skinned and boned             |
| 2 Tbsp. | Olive oil   |
| 2 Tbsp. | Butter  |
| 1/3 cup | All-purpose flour                                     |
| 1       | Large egg, beaten w/ 2 Tbsp. of water                 |
|         | Salt and pepper to taste                              |
| 1 tsp.  | Dried oregano or 1 Tbsp. finely chopped fresh oregano |
| 1 pound | Provolone cheese, thinly sliced                       |

#### INSTRUCTIONS

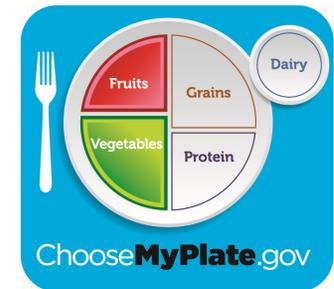
1. Place each breast half between 2 pieces of waxed paper and pound to 1/4" thickness with flat side of large knife. Use a rolling pin also, if necessary.
2. Heat oil and butter in a large skillet.
3. Dip breasts in flour and shake off excess. Dip in egg mixture, allowing excess to drip off, and sauté in skillet a few pieces at a time.
4. Turn once, browning on both sides, about 3 minutes altogether. Remove and drain as they are done.
5. Meanwhile, preheat oven to 350 degrees. Arrange chicken in a

buttered shallow baking dish. Sprinkle with salt and pepper and oregano. Top with cheese slices.

6. Cover with aluminum foil and bake for 15 minutes.
7. Remove foil and continue baking until nicely browned, 15 to 20 minutes.

Yield: 6 servings

Recipe Source: [www.recipesource.com](http://www.recipesource.com)



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## History & Fun Facts

Oregano is native to northern Europe, although it grows throughout many parts of the world. It has been recognized for its aromatic properties since ancient times, when oregano was held 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 was hardly known in the U.S. until the early 20th century when GI's returning from Italy brought word of this fragrant and delicious herb back to the U.S.