
Selection

When selecting marjoram be sure the leaves are green in color and free from spots.

Look for the young and tender leaves as they tend to be the most flavorful.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Fresh marjoram 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.
 - ◆ Marjoram can be purchased and dried to store it longer.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ When you spend money locally, it helps to keep small businesses open and builds up your community.
 - ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
 - ◆ Fresh fruits and vegetables are more flavorful, more nutritious and keeps more of its vitamins and minerals than processed foods.
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FOR MORE INFORMATION...

Contact your local Extension office:

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Veggie Bites



Marjoram Mejorana

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.



Spinach-Marjoram Soufflé

Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Good source of Calcium
- ◆ Good source of Vitamin K
- ◆ Good source of Folate
- ◆ Good source of Potassium

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Primary Sources: Penn State Extension; Photos found on Google images

Try It!

Lean Spinach-Marjoram Soufflé

INGREDIENTS

1 cup	Nonfat milk
1 1/2 Tbsp.	Cornstarch
3 Tbsp.	Fresh marjoram, chopped
1 Tbsp.	Instant minced onion
1/2 tsp.	Pepper
1/8 tsp.	Ground nutmeg
1/2 cup	Spinach, chopped
2 Large	Egg yolks
6 Large	Egg whites
1/4 tsp.	Cream of tartar

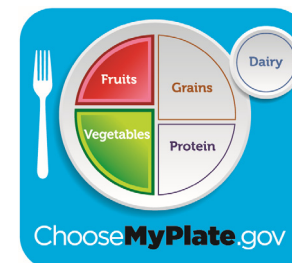
INSTRUCTIONS

1. Lightly coat interior of a 1 3/4 quart soufflé or other straight-sided baking dish with oil.
2. In a 2-3 quart pan, stir milk smoothly into cornstarch. Add marjoram, onion, pepper, and nutmeg.
3. Stir over high heat until mixture comes to a boil.
4. Puree in a blender with spinach, 2 tablespoons of Parmesan, and egg yolks.
5. In a large bowl, beat egg whites and cream of tartar on high speed until the whites hold soft peaks. Fold spinach mixtures into whites.

6. Scrape into oiled dish. Sprinkle with remaining Parmesan cheese.
7. With a knife tip, draw a circle on soufflé top 1" from edge.
8. Bake in a 375 degree F. oven until richly browned and center jiggles only slightly when gently shaken, about 25 minutes.

Yield: 4 servings

Recipe Source: www.recipesource.com



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.

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