

## TFS - Herbs Fresh Oregano - Information

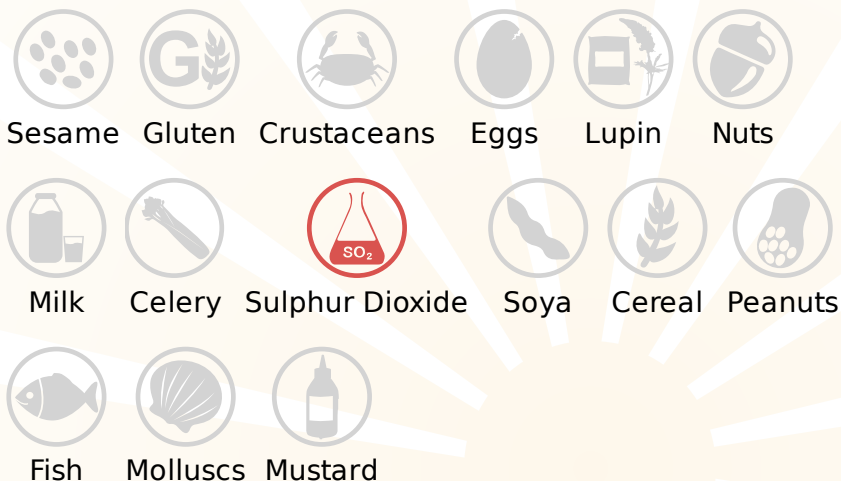
Oregano is a shrub-like herb with multiple-branched stems, growing either upright or in a creeping manner, depending on the variety. It can grow as tall as three feet in height. The leaves are narrow and pinnate, or arrow-shaped, and have a soft, fuzzy texture. They grow in pairs, well-spaced out along tender stems. As the plant grows, the more mature stems become woody at the base. In the late summer, small white flowers bloom from the flower spikes (bracts) at the top of the stems. Oregano is said to have a 'balsamic' flavour; a combination of mint (a closely related herb), thyme, and rosemary. The taste is strong and somewhat bitter.

**TFS Product Code:** 013603  
**Suppliers Product Code:** OREGANOFR  
**Information Last Updated:** 07/10/2022  
**Date Produced:** 31/03/2025



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	0.00
Energy (kj)	0.00
Protein (g)	0.00
Carb (g)	0.00
Of Which Sugars (g)	0.00
Fat (g)	0.00
Of Which Saturates (g)	0.00
Fibre (g)	0.00
Salt (g)	0.00

### Dietary Information

Key: **Suitable for**

**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information is subject to change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

Fresh Oregano

## Handling Information

### Directions for Use

Wash before use. Oregano is a traditional Mediterranean herb and plays a prominent role in Greek and Italian cuisine. Pair fresh and dried oregano with cured olives, sheep's milk cheeses, tomatoes, pork, lamb, potatoes, pasta and rice. It is an ideal aromatic for meat stews and can compliment olive oil sauces for grilled and baked fish.

### Storage Instructions

Keep cool and dry until ready to use. Keep refrigerated.

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