



## EasyToGrowSeeds

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## Oregano seeds

£2.34

The dried leaves are indispensable on pizza and breads. Harvest all year round. Sow Mar-end Aug.

Oregano is known to have high levels of antioxidant activity, due to its high content of phenolic acids and flavonoids. Also, oregano demonstrates antibacterial activity against food-borne pathogens such as *Listeria monocytogenes*.

[Vendor Information](#)