

# SUMMER SAVORY

## Enjoy this Flavorful Herb!

The Gourmet Herbalist

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Summer savory (*Satureja hortensis*) grows well in the mountains of Montana. It is deer-resistant and it thrives in most soil types and weather conditions. There are about 14 species of this highly aromatic herb, but you can only find the seeds for the two of them. Summer savory is an annual in the same family as the perennial, winter savory. Savory leaves were formerly used to cure bee and wasp stings. Both summer and winter savory can be propagated from seeds sown in April. The seeds are very slow in germinating. The early spring seedlings are often topped off for fresh use in June. When the plants are in flower, they may be pulled up and dried for winter use.

This herb has lilac tubular flowers that bloom in the northern hemisphere from July to September. It grows to around 1–2 feet in height and has very slender, bronze-green leaves. Summer savory is a traditional popular herb in Atlantic Canada and Europe, where it is used in the same way that sage is in the west.

Savory is enjoyed in salad dressings, broths, stews, sauces, and with quinoa, humus dips, and spreads. It is usually available year-round in local grocery stores in dried form. Savory has a natural affinity with beans such as garbanzos, lentils, and kidney beans. It is a characteristic ingredient of the common herb blend, “Herbes de Provence.”

Summer savory is preferred over winter savory

because of its sweeter, more delicate aroma. It plays an important role in Bulgarian cuisine, providing a strong flavor to a variety of dishes.

Instead of salt and pepper, a Bulgarian table will have three condiments: salt, red sweet pepper, and summer savory. When these are mixed, it is called *sharena sol* (“colorful salt”). Summer savory is used in Romanian cuisine, especially in stuffed cabbage or grape-leaf rolls. Savory is widely used throughout Europe, Eastern Europe, Scandinavia, Russia, and beyond.



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cooking-with-  
summer-savory

### RECIPE FOR SUMMER SAVORY SALAD

Use lettuce mix, green olives, garbanzo beans, and green onions with the whites. For the dressing: Use olive oil in an onion-juice base with the tart flavor from coconut

vinegar and coconut aminos. (Variation: Use lemon juice.) Add the dressing herbs: Savory, lemon balm, and cayenne.

Heat your drained garbanzo beans with the turmeric and cayenne. This makes them a pretty yellow color. Pour on top of your salad with your herb dressing.

Options: Add mushrooms, and spicy-hot pumpkin or sesame seeds. Substitute kidney beans or lentils instead of garbanzos.

A hearty winter salad for onion lovers! ■