

Savory mountain Essential oil Albania

Satureja montana L.



Agrestic
Phenolic



Botanical family : Lamiaceae
Method of culture : Conventional
Part harvested : Aerial parts

CAS TSCA : 8016-68-0
INCI : Satureia montana oil

Specifications

Method for obtaining : Hydrodistillation
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Appearance : Pale yellow to brun liquid
Constituents : Carvacrol, thymol, para-cymene, gamma and alpha-Terpinene

Harvest period

J F M A M J **J A** S O N D



The winter savory is a subshrub that spreads to form a low, dense bush. The pointed, leathery leaves are a glossy dark green. This perennial has small white flowers that are occasionally tinged with pink. There are two savory species that have similar scents: summer savory (*Satureja hortensis*) and perennial savory or winter savory (*Satureja montana*). The latter is more widespread and grows wild on the hills and lower mountainous regions around the Mediterranean. The aerial parts are harvested from wild plants during the flowering to distill the essential oil, which has an agrestic, fresh, camphoraceous fragrance.

Savory is a Mediterranean plant that is one of the iconic Provençal spices, along with thyme, rosemary, marjoram, and oregano. It was a favorite of the Romans, who spread the plant and its use throughout Europe. Then, in the Middle Ages, its reputation as an aphrodisiac meant monastic gardens no longer grew it. Apparently its genus name, *Satureja*, has the same etymological root as "Satyr," the mythological creature with a nefarious reputation. Widely used as a condiment, its aroma earned the plant nicknames in other languages like "little pepper" or "donkey pepper."

Advised uses : Aromatherapy, Perfumery, Cosmetic, Alimentary



ALBERT VIEILLE

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