

## SAVORY, CREEPING



*Satureja spicigera* (syn *Satureia repandra*;  
*Satureia reptans*)

[sa-tu-REE-ja spik-EE-ger-uh]

**Family:** Labiatae

**Names:** Bohnenkraut (German)

**Description:** Prostrate shrublet with 4-angled stems and linear-oblong leaves. White flowers, about ¼ inch long, are produced in late summer. Height 2 ½ inches and spread 12 inches

**Cultivation:** An easily grown plant when given suitable conditions, it prefers a well-drained poor stony soil and succeeds in a hot dry sunny position. It prefers an alkaline soil, though is not too fussy. It is intolerant of soils that

remain damp and dislikes shade. Plants are hardy to at least 14°F when grown in suitable conditions, but are less hardy in rich soils or damp conditions. A good companion plant in the garden, growing especially well with onions and beans. The plant is said to inhibit the germination of certain seeds. Secretions from the seeds can prevent the germination of nearby seeds. Members of this genus are rarely if ever troubled by browsing deer. Surface sow in April in a greenhouse. Do not allow the compost to dry out. Germination can be slow and erratic but usually takes place within a month. Prick out the seedlings into individual pots as soon as they are large enough to handle. It is usually possible to plant out into their permanent positions during the summer, but if the plants have not grown sufficiently, or if you live in an area of cold winters, it might be best to grow them on in a cold frame for their first winter and plant them out in late spring or early summer of the following year.

Cuttings of half-ripe wood, 5 - 8cm taken at a node, July/August in a frame. Pot up in autumn and overwinter in a frame, planting out in late spring or early summer of the following year. A high percentage usually succeed. Cuttings of young wood, preferably with a heel, April/May in a frame. Plant out in the summer if the plants grow well, otherwise overwinter them in a cold frame and plant out in late spring or early summer of the following year. Division in early spring as growth commences. This works best if soil has been mounded up into the bottom 20cm of the plant early in the previous summer. Pot up the divisions and grow them on in a cold frame until they are established. Plant them out in the summer. The plant is harvested in the summer when in flower and can be used fresh or dried.

**Properties:** Antirheumatic; Antiseptic;  
Carminative; Digestive; Expectorant;  
Stomachic.

**Medicinal Uses:** Taken internally, it is said to be an excellent remedy for colic and a cure for flatulence, while it is also used to treat nausea, diarrhea, bronchial congestion, sore throat and menstrual disorders. It should not be prescribed for pregnant women. A sprig of the plant, rubbed onto bee or wasp stings, brings instant relief. The essential oil forms an ingredient in lotions for the scalp in cases of incipient baldness. An ointment made from the plant is used externally to relieve arthritic joints.

**Culinary Uses:** The leaves have a peppery flavor, they are used mainly as a flavoring for cooked dishes, especially beans, but are also used as a garnish for salads etc. They have a stronger flavor than summer savory (*Satureja hortensis*). The leaves can be used fresh or dried.

### **References:**

Plants for a Future Database

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