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Satureja montana

[Synonyms : *Calamintha montana*, *Micromeria montana*, *Micromeria pygmaea*, *Satureja confinis*, *Satureja illyrica*, *Satureja obovata*]

WINTER SAVORY is a semi-evergreen or evergreen subshrub. Native to southern Europe and North Africa it has pink or white flowers.

It is also known as Alpine mint, Bean herb, *Bergbohlenkraut* (German), *Bohnenkraut* (German), Mountain savory, *Santoreggia d'inverno* (Italian), *Sarriette des montagnes* (French), *Saturejka horská* (Czech), Spanish savory, *Talvikynteli* (Finnish), *Vinterkyndel* (Swedish), White thyme, and *Winterbohlenkraut* (German).

Montana is derived from Latin *mons* (mountain) meaning 'of or from mountains'.

Winter savory has similar uses to those of savory (*Satureja hortensis*). In France it is generally used to flavour soft cheeses made from goats' or ewes' milk.