

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Thyme Common

Thymus vulgaris



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Some 350 species of small, evergreen, aromatic, mostly woody-based perennials, and sub-shrubs belong to this Eurasian genus.

Many thymes are good garden plants, with a neat habit, fragrant foliage and colorful flowers. They are ideal for rock gardens, walls and containers.

All thymes are rich in volatile oil, which consists mainly of thymol, a powerful antiseptic. The oils varies considerably in composition between species and from plant to plant.

Thymus vulgaris (Common Thyme) resembles a diminutive conifer in habit, with strongly upright growth and narrow gray-green, camphor-scented leaves. There are 2 varieties of Common Thyme, **English** which is more suited to cooler climates and likes more water and the **French** which has smaller leaves and a tighter habit and tolerates dryer climates.

Italian Oregano Thyme. Perennial. Has a pleasant scent with a hint of oregano. Tea said to relieve sore throats. Good Savory flavored leaves used in many culinary dishes. Aids digestion and can be used in potpourri. Creeper. H 12in/30cm

PARTS USED

Whole plant, leaves, flowering tops, oil.

PROPERTIES

An aromatic, thyme-scented, warming herb that improves digestion, relaxes spasms, and controls coughing. It is strongly antiseptic and anti-fungal.

USES OF THE HERB

Culinary

Thyme is an essential ingredient of French dishes. It is also used to flavor soups, marinades, casseroles, vegetables; it retains its flavor well in slowly cooked dishes.

Aromatic

Dried leaves are added to potpourris and moth-repellent sachets.

Medicinal

Internally for dry coughs, whooping cough, bronchitis, asthma. Not given to pregnant women. Externally for tonsillitis, gum disease, rheumatism, arthritis, and fungal infections.

Economic

Thymol is an important ingredient of toothpaste, mouthwashes and topical anti-rheumatic preparations.

GROWTH

Well-drained soil in sun.

Propagate by seed sown in spring to autumn. Established plants may be pruned quite hard in early spring, or lightly after flowering; remove dead flower heads to encourage bushiness.

HARVEST

Whole plants and flowering tips are collected in summer, as flowering begins, and distilled for oil, or dried for elixirs.



Height 15-23cm/6-9in Spread 10-15cm/4-6in

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