

# ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

## Thyme Lemon

*Thymus citriodorus*

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 citriodorus* (Lemon Thyme) is a variable hybrid between *T. pulegioides* and *T. vulgaris*, with lemon-scented, ovate to lanceolate leaves. Pale pink flowers appear in summer.

### PARTS USED

Whole plant, leaves, flowering tops, oil

### PROPERTIES

An aromatic, decongestant, relaxant herb with a strong lemon scent.

### USES OF THE HERB

#### Culinary

Leaves flavour savoury dishes, especially fish, stuffings for poultry, and vegetables.

#### Aromatic

Dried leaves are added to potpourris and herb pillows.

#### Medicinal

Oil is thought less irritant than other thyme oils, and is used in aroma-therapy for asthma and other respiratory complaints, notably in children

### GROWTH

Well-drained soil in sun. Propagate by softwood or semi-ripe cuttings in spring and summer. Established plants may

be pruned quite hard in early spring, or lightly after flowering; remove dead flower heads to encourage bushiness. remove green shoots of variegated cultivars to maintain variegation.

### HARVEST

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

Height 23-30cm/10-12in Spread 60cm/24in



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