

ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

Chicken Thyme

Thymus sp.

Some 350 species of small, evergreen, aromatic, perennials, and sub-shrubs belong to this 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 also called Turkey Thyme has dark green leaves and has a semi-spreading habit. Pale, lilac-pink flowers cover the plant in spring and summer.

PARTS USED

Whole plant, leaves, flowering tops, oil

PROPERTIES

An aromatic herb. It has antiseptic and anti-fungal properties.

USES OF THE HERB

Culinary

Use the same as common thyme. Thyme is an essential ingredient of French dishes. It is also used to flavour soups, marinades, casseroles, vegetables; it retains its flavour 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.

CULTIVATION

Well-drained soil in sun. Established plants may be pruned quite hard in early spring, or lightly after flowering; remove dead flower heads to encourage bushiness.

HARVEST

Leaves can be harvested at anytime they Are required. Use fresh or dry for use later.



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Height 40cm (16in)

