

ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

Thyme Variegated

Thymus x citriodorus 'Aureus'

More than 300 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.

DESCRIPTION

Thymus x c. Variegatus is the same as lemon thyme and silver strike thyme except the leaves are edged in golden yellow with the distinct lemon-scented. 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 provide a lemony flavour to savoury dishes, such as fish, poultry, and vegetables.

Aromatic

Dried leaves are added to potpourris and herb pillows.

Medicinal

Oil is not as strong as other thyme oils, and is used in aroma-therapy for asthma and other respiratory complaints, notably in children.

Ornamental

This thyme lends itself to being a useful edging plant in the garden with the golden hued foliage setting off the green foliage of nearby plants.

CULTIVATION

Prefers well-drained soil in full sun. 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 to maintain variegation.

HARVEST

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

Height 23cm (9in) x
Spread 45cm (18in)



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