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Thyme Creeping

Thymus serpyllum cultivars

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

All of the creeping thymes are low, matt-forming plants with creeping stems and small oval, aromatic leaves. All flower in summer.

Available forms are;

White, *T.s. Albus* green foliage and white flowers.

Golden, *T.s. Aureus* golden foliage and pink flowers.

Pink *T.s. Coccineus* dark green foliage and deep crimson and **Purple** with purple flowers.

Woolly, *T. lanuginosus* has soft grey, hairy leaves and lilac flowers.

Thyme Lavender Spreader. Produces soft grey-green foliage which makes a lovely mat with soft pale pink flowers. Prefers sun-part shade location.

Bergamot Thyme. Trailing habit with mats of Bergamot scented foliage topped with pink flowers. Excellent for edging, rock gardens and between flag stones.

PARTS USED

Whole plant, leaves, flowering tops, oil.

PROPERTIES

An aromatic, decongestant,

USES OF THE HERB

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

These thymes lend themselves to being a useful edging plant in the garden.

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. Trim annually.

HARVEST

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



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

