

# DID YOU Know...



## THYME

*Thymus spp.*

- Includes about 350 species with a wide variety of fragrances, sizes, and growth habits;
- Often used as a symbol of bravery and means courage in the language of flowers;
- The fragrance of thyme was through to promote courage, bravery and strength.
- Soldiers would soak in thyme-steeped bath water and may have sprigs of thyme sewn into their scarves before going off to battle.
- Thyme is thought to have been mixed with hay and straw in the manger where Christ was laid and is today used to sweeten linens in Europe or even to stuff pillows.
- Planted at gravesites, used to adorn the dead and in ancient Egyptian's mummification process
- Used in a charm to enable you to see fairies;
- Common thyme or *Thymus vulgaris* is the species used most often in cooking.
- Used to flavor meats, vegetables and to make tea;
- There are flavors and fragrances such as lemon, orange, nutmeg, caraway, oregano, as well as varieties grown primarily for ornamental use.
- The essential oil from thyme contains antioxidant, antifungal, and antibacterial properties
- De-stem small leaves for cooking by gently running fingers down the stem from growing tip to the bottom. Use whole or chop.
- Thyme grows best in well-drained soil in full sun.
- Regular pruning helps decrease the amount of woody stems on the plant by increasing new growth.
- Grow thyme in perennial borders, containers, hanging baskets and of course, in herb gardens.