



# SUMMER THYME

*Thymus vulgaris (Narrow Leaf French)*

PERENNIAL | LAMIACEAE FAMILY

ZONES: 7-12

EXPOSURE: FULL SUN

MATURE HEIGHT: 1 FT | SPREAD 2 FT

BLOOM: WHITE | SUMMER



Medicinal



Culinary



Pollinators



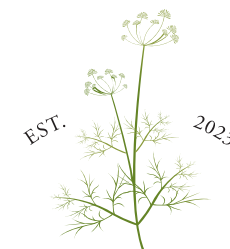
Butterflies



Aroma



Resistant



HERB & VINE

— healing plants —

With fine grey leaves and white flowers, French or Summer Thyme grows upright into shrubs or small trees and is one of the most flavorful of all Thyme varieties.

- Culinary: shares a similar taste to its relative, Garden or Common Sage, it's used for meats, stews, breads and more.
- Therapeutic\*: aids the digestion and strengthens the immune system. Antimicrobial and antitussive.
- This ceremonial herb is used by Native Americans for healing, cleansing and purification rituals. As an incense or cleansing stick, its aromatic smoke is used to purify areas, objects and people of evil spirits and negative energy.

Caution: none known.



*\*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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