



ENGLISH THYME

Thymus vulgaris (Broad Leaf English)

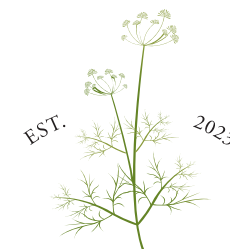
PERENNIAL | LAMIACEAE FAMILY

ZONES: 5-9

EXPOSURE: FULL SUN

MATURE HEIGHT: 1 FT | SPREAD 2 FT

BLOOM: WHITE | SUMMER



HERB & VINE

— healing plants —



Medicinal



Culinary



Pollinators



Butterflies



Aroma



Resistant

Broad, small leaves. White flowers. Upright form. Good culinary herb, has a slightly sweeter fragrance than French Thyme. This variety is highest in active essential oils and is considered 'official'.

- Culinary: meat dishes, egg dishes and vegetarian entrees, but makes a tasty tea (dried first).
- Therapeutic*: aids the digestion and strengthens the immune system; antiseptic.
- Cultivated since ancient times for religious, medicinal, and culinary purposes. Harvest just before it flowers when the essential oil content in the leaves are at their peak.

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.*



Download PDF
www.herb-and-vine.com