

ANOTHER
HERB HERBERT
FACT SHEET

SPECIAL INTEREST HERBS

THYME - PIZZA

Thymus nummarilis



Some 350 species of small, evergreen, aromatic, mostly woody-based perennials, and sub-shrubs belong to this Eurasian 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.

Thymus nummarilis (Pizza Thyme) is a lower growing variety with larger, flatter dark green leaves and a distinctly 'spicy' flavor. Pale pink flowers appear in summer.

PARTS USED

Whole plant, leaves, flowering tops, oil

PROPERTIES

An aromatic, decongestant, relaxant herb with a strong spicy thyme scent.

USES OF THE HERB

Culinary

Leaves flavor savory dishes, especially pizza, stuffings for poultry, and vegetables.

Medicinal

Oil is quite strong smelling and would not be suitable for use in aroma therapy due to the 'spicy' qualities.

GROWTH

Well-drained soil in sun. Propagate by softwood or semi-ripe cuttings in spring and summer. 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 variegated cultivars to maintain variegation.

HARVEST

Whole plants and flowering tips are collected in summer, as flowering begins, and distilled for oil, or dried for elixirs. Leaves can be harvested as needed and used fresh or dried in many dishes to add a spicy thyme flavor.

Height 20-28cm/9-11in
Spread 60cm/24in



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