

# ANOTHER HERB HERBERT FAVOURITE HERBS

## FACT SHEET

# Thyme Silver Posie

*Thymus vulgaris Argenteus*

Some 350 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 vary considerably in composition between species and from plant to plant.

### DESCRIPTION

*Thymus vulgaris* 'Argenteus', Silver Posie Thyme, has pale green, silver-edged leaves. It is one of the best silver thymes available. Pale, mauve-pink flowers are borne en masse in spring and summer.



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### PARTS USED

Whole plant, leaves, flowering tops, oil

### PROPERTIES

An aromatic, camphor-scented herb. It has strong antiseptic and anti-fungal properties.

### USES OF THE HERB

#### Culinary

Use the same as common thyme. Thyme is an essential ingredient of French dishes. It is also used to flavour soups, marinades, casseroles, vegetables; it retains its flavour well in slowly cooked dishes.

#### Aromatic

Dried leaves are added to potpourris and moth-repellent sachets.

#### Medicinal

Internally for dry coughs, whooping cough, bronchitis, asthma. Not given to pregnant women. Externally for tonsillitis, gum disease, rheumatism, arthritis, and fungal infections.

#### Economic

Thymol is an important ingredient of toothpaste, mouthwashes and topical anti-rheumatic preparations.

#### Ornamental

Makes a decorative edging plant for garden borders.

### CULTIVATION

Well-drained soil in sun. Established plants may be pruned quite hard in early spring, or lightly after flowering; remove dead flower heads to encourage bushiness.

### HARVEST

Leaves can be harvested at anytime they are required. Use fresh or dry for use later.

Height 25cm (10in) x Spread 45cm(18in)



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