**Thyme Plant - Common Thyme**



**Thymus vulgaris**

Recommended by the RHS to be an excellent attractant and nectar source for bees and other beneficial insects.

* Hardy perennial.
* Evergreen.
* Likes full sun.
* Prefers a well drained, light, gravelly alkaline soil.
* Best flavour of the leaves is while the plant is in bloom.
* Can grow as a hedge.
* Reaches 12 - 18" (30 - 45 cm) tall.
* Cut back in mid Summer to keep them bushy.
* Beautiful pinkie/mauve flowers from May to October.
* **Culinary Uses.**
* Used in bouquet garni.
* Excellent for marinades, stuffing, sauces, stews, soup etc.
* Excellent accompaniment to chicken and beef.
* It is used to flavour Benedictine liqueur!
* Flowers are edible.
* **Medicinal Uses.**
* Antiseptic, anti-bacterial and antifungal properties.
* Stimulates circulation.
* Good to prevent spots and dandruff!
* Can aid digestion.
* Said to be good for hangovers!
* Good for convulsive coughs, whooping cough, chronic bronchitis, colds and sore throats.
* Good in massage oil
* Can relieve insomnia.
* Can relax spasms.
* Can ease asthma, bronchial catarrh and chest infections.
* Good for inflammation, rheumatism and arthritis.
* The oil can ease athlete's foot.
* Can help vaginal thrush.
* Can stimulate production of white blood corpuscles to help resist infection.
* Sometimes used in mouthwash.
* **Other Uses.**
* Often included in summer posies.
* Good for pot pourri.
* Great to grow to encourage bees and the honey they then produce is delicious.
* Can be used to protect from mould.

