PLANT FACT SHEET

Thymbra capitata (L.) Cav.

GENUS *Thymbra* **FAMILY** Lamiaceae

COMMON NAMES Capitate sage, Headed savory, Headed thyme

EDIBLE PARTS AND USES

Edible parts: Spice, Leaves, Leaves - tea, Flowers

The leaves are used for herbal tea.
The leaves are added raw to pickles as a seasoning. It is used as savoury for seasoning. It is a strongly flavoured thyme and used for roasts and grills.
The leaves are dried and added to thyme. They are used to add scent to several dishes.
The flowers are used for seasoning. The flowers produce the famous Hymettus honey.
It is the source of an essential oil called Spanish oreganum oil, used in the food industry for flavouring baked goods, meats, drinks, ice cream and sweets.

DESCRIPTION

A small herb. It has a smell. It grows 50 cm high. It has many branches. It has leaf clusters in the axils. The leaves are narrow and fleshy. They have a flat edge. The flowers are purplish-pink. They are 7-10 mm long. They are in clusters at the ends of branches. The bracts are green. These overlap to form a cone-like head.

HABITAT

It is a Mediterranean plant. It grows on dry hills and rocky places. It can be on sand dunes.

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