PLANT FACT SHEET

Thymus praecox subsp. arcticus (E. Durand) Jalas

GENUS *Thymus* **FAMILY** Lamiaceae

COMMON NAMES Wild thyme, Creeping thyme, Mother-of-thyme

EDIBLE PARTS AND USES

Edible parts: Leaves

It is used as a seasoning for salads, sauces, stews, seafood dishes, vinegar, stuffings and pickles.
It is used to flavour sour milk.
It is rubbed over goat's milk cheese to add flavour.
It is the source of an essential oil used to flavour Benedictine.

DESCRIPTION

A small herb. It is hairy. It is a creeping plant. It can be woody and grow from year to year. It forms flat mats over the ground. The leaves are dark green. They are small and oval. They are about 10 mm long. They last for 2 to 3 years and are leathery. The flowers are white.

HABITAT

An Arctic plant. It grows in dry sunny positions. It suits plant hardiness zone 5.

NOTES

There are between 300 and 400 Thymus species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/23ff9252-c90f-4951-bbe0-f35a061be3bd