PLANT FACT SHEET

Thymus linearis Benth.

GENUS *Thymus* **FAMILY** Lamiaceae

COMMON NAMES Mother-of-thyme, Serphyllum

EDIBLE PARTS AND USES

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

Leaves and flowers are pickled and also used as a spice or condiment. They are also used for a herbal tea.
The plant is pounded on a stone slab to soften then mixed with chili powder and salt.
The ripe seeds are used to flavour tea.

DESCRIPTION

A herb. It has an aroma. The stems lie down. The twigs are clothed with short, white hairs. The leaves have short stalks. They are opposite. They are 0.5-1.5 cm long by 0.2-0.5 cm wide. They are oval and dotted with glands on both surfaces. The flowers are purplish. They occur in round spikes at the ends of branches.

HABITAT

It is a temperate plant. In Nepal it grows between 2400-4500 m altitude. It suits cold arid places.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There may be 300-400 Thymus species.

REFERENCES

Agarwal, R. & Chandra, V., 2019, Diversity of wild edible plants in the Mandal-Chopta forest, Uttarakhand. Journal of Medicinal Plants Studies 2019; 7(1): 89-92

Ahmad, K. & Pieroni, A., 2016, Folk knowledge of wild food plants among the tribal communities of Thakht-e-Sulaiman Hills, North-West Pakistan. Journal of Ethnobiology and Ethnomedicine, 12:17

Ali Shay, S. H., et al., 2025, Ethnobotanical study of wild edible plants traditionally used by the inhabitants of Lalku Valley, District Swat, Pakistan. Ethnobotany Research and Applications 30:1 p 13

Aziz, M. A., et al, 2022, The nexus between traditional foraging and its sustainability: a qualitative assessment among a few selected Eurasian case studies. Environment, Development and Sustainability. Springer.

Bhattarai, S and Chaudary, R. P., 2009, Wild Edible Plants Used by the People of Manang District, Central Nepal. Ecology of Food and Nutrition, 48:1-20

Boesi, A., 2014, Traditional knowledge of wild food plants in a few Tibetan communities. Journal of Ethnobiology and Ethnomedicine 10:75

Ding, X., et al, 2022, Wild Plants Used by Tibetans in Burang Town, Characterized by Alpine Desert Meadow, in Southwestern Tibet, China. Agronomy 2022, 12, 704.

Gautam, R. S., et al, 2022, Ethnobotanical Review of Wild Edible Plants of Nepal. Journal of Natural History Museum Volume 32, 2021-22 p 117

Ghimire, S. K., et al, 2008, Non-Timber Forest Products of Nepal Himalaya. WWF Nepal p 88

Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77

Haj, F., et al, 2012, Species Diversity and Ethno Botanical Classes of the Flora of Allai Valley District Battagram Pakistan. International Journal of Plant Research 2012, 2(4): 111-123

Hussain, S. T., et al, 2023, Ethnobotany for food security and ecological transition: wild food plant gathering and consumption among four cultural groups in Kurram District, NW Pakistan. Journal of Ethnobiology and Ethnomedicine 19:35

Ijaz, S., et al, 2022, Traditional knowledge of wild edible plants used by the people of Lawat, District Neelum, Azad Jammu & Kashmir, Pakistan. Ethnobotany Research and Applications 23:24

Khalid, N., et al, 2023, Wild food plants gathered by four cultural groups in North Waziristan, Pakistan. Genet Resour Crop Evol. 70:1243–1276

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 457

Masoodi, H. U. R. & Sundriyal, R. C., 2020, Richness of non-timber forest products in Himalayan communities—diversity, distribution, use pattern and conservation status. Journal of Ethnobiology and Ethnomedicine 16:56

Negi, P. S. & Subramani, S. P., 2015, Wild Edible Plant Genetic Resources for Sustainable Food Security and Livelihood of Kinnaur District, Himachal Pradesh, India, International Journal of Conservation Science. 6 (4): 657-668

Rana, J.C. et al, 2011, Genetic resources of wild edible plants and their uses among tribal communities of cold arid regions of India. Genetic Resources and Crop Evolution. 59:135-149

Sharma, L. et al, 2018, Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131

Thakur, D., et al, 2017, Why they eat, what they eat: patterns of wild edible plants consumption in a tribal area of Western Himalaya. Journal of Ethnobiology and Ethnomedicine (2017) 13:70

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3cb142cf-e8cb-4396-b2e6-785389b6de2c