PLANT FACT SHEET

Thymus piperella L.

GENUS *Thymus* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring

The leaves are used as seasoning for olives and for stews.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18–74

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5dcc06bc-2efa-4737-ae53-ca07f120f872