PLANT FACT SHEET

Thymus zygis L.

GENUS *Thymus* **FAMILY** Lamiaceae

COMMON NAMES Sauce thyme, Spanish thyme

EDIBLE PARTS AND USES

Edible parts: Leaves - condiment, Spice, Flowers - flavouring

The leaves and flowers are used as a condiment. They are used to flavour meat stews.

DESCRIPTION

A herb or small shrub. It grows 30 cm tall. The leaves are small and narrow and grey-green. The flowers are small and white.

HABITAT

It is a Mediterranean plant.

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