PLANT FACT SHEET

Thymus syriacus Boiss.

GENUS *Thymus* **FAMILY** Lamiaceae

COMMON NAMES Wild thyme, Syrian thyme

EDIBLE PARTS AND USES

Edible parts: Leaves

It is used as a flavouring in food and drinks.

DESCRIPTION

A herb. The leaves are small and grey-green. The flowers are small and pink.

HABITAT

It is a Mediterranean climate plant.

PRODUCTION

Cultivation

It can be grown from seed or cuttings.

NOTES

It has antibacterial activity.

REFERENCES

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

Jeambey, Z., et al, 2009, Perceived health and medicinal properties of six species of wild edible plants in north-east Lebanon. Public Health Nutrition: 12(10), 1902-1911

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8012c61c-ee88-4b84-abcc-9dced98fcc88