PLANT FACT SHEET

Micromeria biflora (Buch.-Ham. ex D. Don) Benth.

GENUS *Micromeria* **FAMILY** Lamiaceae

COMMON NAMES Lemon-scented thyme

EDIBLE PARTS AND USES

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

The leaves and flowers are dried and used for tea.
The leaves and flowers are used to flavour lentil soup. The leaves are used to flavour chicken, fish and other foods.
The essential oil is used for flavouring liqueurs.
The leaves are also brewed into a tea.

DESCRIPTION

A herb which keeps growing from year to year. It grows to about 20 cm high. It has a woody rootstock. It has many stems. The leaves do not have stalks. The leaf blades are 4-6 cm long by 2.5-3 mm wide and oblong. They are dotted with glands. The flowers are pink or white. They occur as one to four flowers together. The fruit is a nutlet. It is reddish-brown and smooth.

HABITAT

A subtropical plant. In Nepal it grows between 600-4000 m altitude. It grows in open places. In China it grows in the southern regions between 2000-2500 m altitude. It grows on hilly grasslands on limestone.

PRODUCTION

Cultivation

Plants are grown from seed. They can also be grown by division or cuttings.

NOTES

There are about 70-100 Micromeria species.

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