PLANT FACT SHEET

Thymus serpyllum L.

GENUS *Thymus* **FAMILY** Lamiaceae

COMMON NAMES Creeping thyme, Mother of thyme, Wild thyme

EDIBLE PARTS AND USES

Edible parts: Leaves, Herb, Spice, Flowers, Flowers - tea

The leaves and flowers are dried and used to prepare a drink.
The shoots are used as flavouring. They are used fresh or dried as flavouring in salads, sauces, and other dishes.

DESCRIPTION

A creeping herb. It is variable and lies along the ground. It forms mats and is 7-15 cm high. The stems are slender and creeping. The leaves are oval or narrow and softly hairy. They are 4-8 mm long. The flowers are pink or purple. They grow in rounded heads. There are many different cultivated varieties.

HABITAT

It is a temperate plant. It is best in well-drained soils and in an open sunny position. It is resistant to drought and frost. It suits plant hardiness zones 4-9. Hobart Botanical Gardens.

PRODUCTION

Cultivation

Plants can be grown by division.

NOTES

There are between 300 and 400 Thymus species.
Contains flavonoids, tannins, terpenoid compounds, volatile oil (containing mainly thymol, carvacrol, p-cimen, linalool, α-pinene and other mono and sesquiterpenes (β-caryophyllenes, germacren D or nerolidol), phenolic acids rosemary) and flavonoids (quercitin, eriocitrin, luteolin, apigenin, serpyllin).

PICTURES



Credit: Food Plants International (Bruce French)

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