PLANT FACT SHEET

# *Thymus atlanticus* (Ball) Roussine

**GENUS** *Thymus* **FAMILY** Lamiaceae

## EDIBLE PARTS AND USES

**Edible parts:** Flowers - tea

The flowers are used for a herbal tea drink.

## DESCRIPTION

A herb.

## HABITAT

It is a Mediterranean or subtropical climate plant.

## NOTES

It has medicinal benefits for cholesterol.
The essential oil has antibiotic properties.

## REFERENCES

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

**PROVIDED BY** **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

**LICENCE** CC BY-NC-SA 3.0

**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/c1301295-f8f8-443d-87fe-2b4ef65ceba8