PLANT FACT SHEET

Thymus satureioides Coss.

GENUS *Thymus* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Flavouring

The leaves and flowers are used to flavour snail soup and other dishes.
They are also used to make a drink.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Ghanimi, R., et al, 2022, Ethnobotanical study on wild edible plants traditionally used by Messiwa people, Morocco. Journal of Ethnobiology and Ethnomedicine. 18:16

INFOODSUpdatedFGU-list.xls

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

Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c425094c-2db4-4c37-a5b3-679dfa4412ac