PLANT FACT SHEET

Thymus praecox Opiz

GENUS *Thymus* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, Flowers - tea

The flowering aerial parts are used for making a herbal tea. They are often dried first.
The leaves are used as a flavouring.

DESCRIPTION

A herb.

HABITAT

It is a cold temperate plant.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/cde5e823-171c-4f1e-907f-651ddd65d4e3