PLANT FACT SHEET

# *Clinopodium acinos* (L.) Kuntze

**GENUS** *Clinopodium* **FAMILY** Lamiaceae

**COMMON NAMES** Basil thyme, Mother of thyme

## EDIBLE PARTS AND USES

**Edible parts:** Leaves - flavouring

The flowering tops are used for flavouring and in salads. It only has a very mild flavour. They are used to flavour meat.

## DESCRIPTION

A small herb up to 15-30 cm high. It is hairy and re-grows from seed each year or lives for a short time. The leaves are small and oval. The small violet flowers occur in rings. They have white markings on the lower lips.

## HABITAT

It is a cool temperate plant. It does best in light well drained soil. Sandy soils and alkaline conditions suit it. It is very hardy and can tolerate temperatures down to -15°C. It suits plant hardiness zone 4.

## PRODUCTION

### Cultivation

It can be grown from seed. These should be put in a nursery then transplanted. It can also be grown from division of the plant and from cuttings.

## NOTES

There are 10 Acinos species.

## REFERENCES


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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/f00f78c7-32e0-4cfd-88fd-3900c639565d