

Description

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Origin & History

Thyme Golden

Thymus Vulgaris "Aureus"

Family: Lamiaceae

Thyme Golden is a small woody shrub which grows to about 30cm tall with bright green leaves, densely arranged along thin branched twigs. In late summer it produces a small mauve flower. It makes a nice ground cover, especially around other, taller herbs or trees, such as Lemon Verbena or citrus, or along paving.

It likes plenty of sun and neutral to alkaline soil with good drainage. The shrub can be kept where it is trimmed to any desired shape. Its small white flower also attracts bees and benevolent insects. For best results plant them 20cm apart.

Leaves.

Mix Thyme Golden with salt and garlic flakes to make a herb salt which is excellent as a general savoury flavouring. Alternatively, this is perfect for ornamental use as borders and ground cover.

Thyme originates in Western Mediterranean areas and was brought to Europe by the Romans who also added it to cheeses and liquors. It now grows wild in parts of South Canterbury.

The name Thyme has links to the Greek language where it meant "courage" or "to fumigate". In ancient Egypt it was used for embalming and Roman soldiers inhaled its smoke or its steam when placed in baths to give them courage.

Placed in a pillow, Thyme was said to induce sleep and ward off nightmares.

The oil was used in World War I to ease pain and as an antiseptic.

It was believed that twigs of Thyme placed on coffins would assure safe passage into the spiritual world.

