

Description

Thyme Golden Variegated *Thymus Vulgaris Aurelius* Family: Lamiaceae

Thyme Golden Variegated is a small woody shrub with bright green leaves, densely arranged along thin branched twigs. This variety has all the characteristics of the Golden Thyme but its leaves are freckled with yellow patches. It also produces a mass of pure white flowers in late summer.

It makes a nice ground cover, especially around other, taller herbs or trees, such as Lemon Verbena or citrus, or along paving. The shrub can be trimmed to any desired shape. Its small white, flower also attracts bees and benevolent insects.

Growing Tips

This perennial likes plenty of sun and neutral to alkaline soil with good drainage. For best results plant them 20cm apart.

Parts Used

Live plant mainly, or leaves

Uses

As a tea, Thyme Golden Variegated is believed to boost the immune system. It can also be added fresh to fruit salads and cold desserts.

Alternatively, this is perfect for ornamental use as borders, ground cover or in potpourris.

Origin & History

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.

