

## Description

**Thyme Lemon variegated**  
**Thymus Citriodorus**  
**Family: Lamiaceae**

## Growing Tips

Thyme Lemon Variegated has the same characteristics as the Lemon Thyme but the leaves show a cream colouring in variegated patterns and produces a small white/purple flower. Its willingness to spread and fill the space around it quickly makes it a favourite in borders and rock gardens.

## Parts Used

This perennial likes a sunny position and neutral to alkaline soil with good drainage. It also has prolific growth.

## Uses

Leaves.

Lemon Thyme Variegated can be used wherever a recipe calls for lemon or lemon flavor. It's particularly good to use in a marinade for fish and chicken stuffing but can also be added to fruit dishes and desserts.

The medicinal use of Lemon Thyme Variegated is similar to Common Thyme; it's a good aid for digestion, flatulence, bloating, for bronchial infections and spasmodic coughs. It's also believed to boost the immune system. The essential oil of Lemon Thyme Variegated is milder than that of Common Thyme and therefore more suitable for children in aromatherapy.

## 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.

