

Description

Thyme Pizza Thymus Nummarilis Family: Lamiaceae

Thyme Pizza is a small woody shrub which grows to about 10cm and produces dark green leaves arranged at short intervals along thin branched twigs. They are slightly larger than the Thyme Common with a scent and appearance similar to Oregano.

Growing Tips

It prefers plenty of sun and neutral to alkaline soil with good drainage. For best results, allow for 20cm between each herb when planting.

Parts Used

Leaves

Uses

This particular Thyme can be used in place of Thyme Common and has a hint of Oregano. It is a fantastic herb to use in stews, soups, with meat, chicken, pizza and other cheese dishes and is also a useful garnish.

Used as a tea it aids digestion and is also said to be good for coughs and colds.

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.

