

Description

Thyme Silver *Thymus Vulgaris 'Argentus'* Family: Lamiaceae

Thyme Silver is a herb which can grow up to 25cm tall with small grey leaves with a cream edge.

The leaves have a pronounced middle rib and are they are arranged at short intervals along thin, smooth, pink watery stems and every pair of leaves shoots a new branch. It also produces pink/purple flowers in thick whorls at the end of each stem.

Growing Tips

This perennial shrub prefers full sun and neutral to alkaline soil with good drainage. For best results allow for 20cm between each herb when planting and cut back in autumn to avoid it growing too woody.

Parts Used

Leaves

Uses

Thyme Silver has the same uses as Thyme Common; it's a great accompaniment for soup, marinades, stuffings and veges and is also delicious with beef, chicken, fish, veal, cheese and tomato sauces.

Its medicinal value is also similar to Common Thyme and is rich in iron. Alternatively, you use it as an ornamental plant as ground cover and along borders.

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.

