

Broadleaved thyme

Thymus pulegioides



Small bush from Lamiaceae family that grows between 5-25 cm and 25 cm in diameter, have strongly aromatic leaves and pink and lilac flowers.

Its flowers appear in July and August.

Their stems are reddish and square.

More info: http://www.amu.bio/_broadleaved_thyme

Cultivation

Adapts to dry soils, well drained and with good sun exposure.

It can be found on sandy and rocky soils.

History

It has origin in Europe, including England, Scandinavia, Spain, Serbia and Bulgaria.

In ancient Rome it was usual to spread the ground with thyme for perfuming the house, burn branches to ward off evil spirits (or demons), and was also used to decorate cheese.

In the century. XVII, there were those who said thyme dispelled melancholy and avoided the nightmares.

Utilization

Traditionally is used in the form of infusion to combat bronchitis and cough, colds, digestion difficult, flatulence and gastritis.



As a condiment, is excellent in food cooked slowly in wine, tomato sauces, marinades, grilled meats, salads and soups.