

Citrus thyme

Thymus x citriodorus



Hybrid between pennyroyal thyme (*Thymus pulegioides*) and common thyme (*Thymus vulgaris*).

With a height of 25-30 cm and a diameter of 60 cm, it is a perennial shrub, semi-woody, which has small white or slightly pink flowers, which appear during the summer.

More info: https://www.amu.bio/_citrus_thyme

Cultivation

It must be grown in well-drained soil, with good sun exposure, adapting even in very dry soils. Sodden land can cause rot and early dead.

It should be pruned right after flowering in order to prevent that the base become woody, ensuring a vigorous plant.

It is sensitive to rot roots and should be avoided water in peak hours. It is advised frequent pruning.

Since it is a hybrid plant, its seeds may originate plants with diverse characteristics, so it is preferable to make the propagation through cuttings.

History

In medieval times, the lemon thyme was used as incense and was placed in coffins during funerals, because it was believed that guaranteed passage for future lives.

It is thought that the lemon thyme was spread in Europe thanks to the Romans, because they used it to purify their rooms.

Utilization

The leaves are mostly used to flavor fish dishes, poultry and salads, it is a very popular plant in cooking around the world due to its strong lemon scent.

The leaves can be dried and mixed with other plants in pots pourri.

In therapeutic terms, thyme tea reduces coughs, colds and sore throats.

It is recommended for those suffering from anxiety and stress because it has properties that act as calming in the nervous system.