

Common thyme

Thymus vulgaris



It is one of the oldest herbs being grown.

Lamiaceae family, is a shrub that has small leaves linear or lance-shaped and pink or whitish flowers.

It is especially grown as a condiment and for the essential oil, rich in thymol.

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

Cultivation

Thyme can be propagated by sowing or cuttings, the latter being the preferred method, since a seed cultivation requires more time for plant growth and harvest.

The seeds can be planted directly in the garden, but since they are very small, the ideal is to sow in sowings and transplant them when they have four pairs of leaves. Germination of the seeds takes one to three weeks.

The propagation by cuttings, or by cut branches of healthy adult plants, it is the ideal method for producing plants that are identical to the mother plant and that will require less time to grow and to harvest. This process is reflected in cutting branches, dipping his lower half in a container with water until the roots emerge.

Later they are planted in a permanent location, or in a well kept moist pots for three or four weeks.

The spacing between the plants should generally be 15 to 20 cm.

Thyme can also be easily grown in pots and flowerbeds.

It is important to remove weeds that consume their nutrients and resources, and it's important to take into account that it is a perennial plant and can be grown for many years but it becomes woody with age, its productivity will be higher if the plants are renewed every two to three years.

History

The name comes from the Greek, *thymon*, word that means "courage", this plant is a symbol of courage, activity, bravery, happiness, energy and affection.

- The earliest reference to thyme goes back to Sumer, where already in the third millennium BC, thyme, dried and reduced to powder, was mixed with pears, figs and water, and with this mixture were made poultices.
- In ancient Egypt, thyme was used as a medicine and also in the embalming of mummies.
- The Greeks perfumed themselves with this plant, and according to the legend, the bees of Hill Himete - that landed in Plato's lips to give his eloquence - produced a delicious thyme honey. The celebrated physician Galen said to have copied from the Asclepius temple (the Greek god of medicine), on the island of Kos, an ancient formula attributed to Hippocrates which was composed of thyme, parsley, fennel and anise, plants which were then reduced to powder and mixed wine.
- 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 Middle Ages, St. Hildegard - who lived in the century. XII - recommended thyme to treat leprosy, paralysis, and also against lice.
- In the century. XVII, there were those who said thyme dispelled melancholy and avoided the nightmares.

Utilization

In cooking, whether fresh or dry, slightly spicy thyme flavor works wonders in seasoning salads, marinades, baked, grilled, stews and many other dishes.

Some people use it also in the preparation of liquors.

The Benedictine monks are known by the famous elixir that they manufacture, which one of the ingredients was thyme.

In the garden is used to cover the soil and prevent the spread of weeds, with the advantage of having a pleasant odor.

Thyme is also widely used in perfumery, especially in the manufacture of soaps.

And today, as before, this plant is burned to perfume houses (pots- pourris) and even churches.

As regards medicinal purposes, thanks to its components, it has antiseptic properties and exerts a remarkable action on feverish conditions, coughs (whooping) and bronchitis.

Their infusions treat problems of the upper respiratory tract, such as cough, sore throat, bronchitis, colds, flu and sinusitis.

It is effective in sore throat and mouth ulcers.

In spray can be used for disinfection of surfaces and as it has a repulsive effect, the spray may also be used against insects.