

Mastic thyme

Thymus mastichina



Small evergreen shrub, extremely resistant to adverse conditions of soil and climat, with a strong and pleasant aroma.

It can reach a height of 40-70 cm and equivalent width, its flowering occurs from May to September.

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

Cultivation

It must be grown in well-drained soil, exposed to the sun. Excessive watering can lead to death.

It is essential to be pruned several times a year in order to remain strong and vigorous.

It can be found in sandy soils and bush.

Is perfectly suited to growing in pots and window boxes and in contact with other plants, since it is always in the sun, an essential condition to develop vigorously.

History

Endemic species of the Iberian Peninsula.

It is widely used in the essential oils industry in the neighboring country, Spain, so it is called by the British and French, Spanish thyme.

Utilization

Used as a medicinal plant, it is considered a digestive and expetorante, has antiseptic and anti-inflammatory properties.

It is widely used in aromatherapy as relaxing, disinfectant, sleep promoter, inhalation of vapors after infusion of the leaves helps to decongest the nasal passages (due to its relaxing properties, the essential oil should not be used before driving or other activities that require concentration).

Infusion drink has excellent results in colds and flu.

In cooking, its leaves are used in meat dishes, but also sausages, cheese, rice, etc.

Its essential oil is used in food industry to flavor soups and meat preparations.

It is a great substitute for salt.