

# Orange thyme

*Thymus fragantissimus*



The Orange Thyme is a perennial plant that can grow 30 to 40 Cm.

Its leaves are green greyish, ovate and have an aroma of orange.

In the summer it has white / pink flowers that attract bees.

More info: [https://www.amu.bio/\\_orange\\_thyme](https://www.amu.bio/_orange_thyme)

## Cultivation

It must be grown in well drained soils and with good sun exposure.

The propagation can be done by cuttings, splitting and sowing.

## History

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 himself with this plant.

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.

Legend said that it was a bed made with sprigs of thyme harvested in the fields near Bethlehem, Palestine, that Mary gave birth to the baby Jesus.

Thyme has not been forgotten in the literature, and in his play "Oberon," Shakespeare says that the king of the gnomes know "... where the wild thyme grows," arguably the most appreciated for its high concentration of essential oils.

### **Utilization**

In cooking it is used as a condiment for salads, meats, soups, vegetables and drinks.

It is often used as an ornamental plant and to ward moths off the clothes.

Have anti-bacterial properties that enhance the immune system.

It is used to treat sore throats and burns.

Its tea helps digestion.