

Hoosier Botanicals™

THYME (*Thymus vulgaris*)

In the Kitchen...

Thyme has a very delicate flavor that blends well with all kinds of food. If using fresh leaves you can be quite liberal with them; thyme rarely overpowers other flavors. Use thyme with all kinds of meats, soups, stuffing, vegetables and eggs; works well in herbed butters, mayonnaise, mustards, vinegars and oils. Thyme is a popular herb in *bouquets garnis*, a French style of flavoring in which whole sprigs of herbs are tied together and added to a cooking pot to be removed before serving. Whole sprigs stand up well as a garnish as well as in oil brine for storing olives or dipping bread.

Lemon Pepper Linguine Combine juice and zest of 1 lemon, fresh ground pepper to taste, ¼ cup olive oil, 2–3 red or orange bell peppers (seeded, roasted and peeled), 6 cloves of roasted garlic (peeled), 1 tbsp fresh thyme and salt to taste. Heat slowly on stovetop to combine flavors while preparing linguine al dente. Drain the pasta and immediately toss with lemon pepper mixture. Top with freshly grated Parmesan cheese. Serves 2–3.



Part Used: Leaves and sprigs

Condition: Dried, fresh or frozen

Ethnic span: French, Italian, Creole and Cajun cooking

Method: Leaves whole or chopped; sprigs as garnish

Storage: Stores well in refrigeration in loose bag. Can be dried in dehydrator or frozen.

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In the Garden...

Thyme is the quintessential herb. It has long been prized by herbalists for its medicinal qualities and by chefs for its culinary uses. It is also quite easy to grow. Transplant your thyme into the garden any time during spring or summer. It transplants quite easily and can survive even the roughest hand. Keep soil rather dry and avoid wetting the leaves when watering. Protect your plant through the winter by mulching heavily around it. Harvest no more than 50% of the plant at a time; allow a few weeks for regrowth. Even with regular pruning you may need to replace your plant every few years as it gets woody and straggly.

www.hort.purdue.edu/newcrop/6pac



Mint family—Labiatae

Western Mediterranean origin

Perennial

Full sun to partial shade is ideal

Light, dry, well-drained soil, pH 6.3 is best

Keep dry; avoid over-watering

Grows to 8–18"

Space 6–12" apart

Flowers June–July

Lilac to pink blossoms

Propagate by cuttings