

Thymus vulgaris
Family: *Lamiaceae* - mint
Parts Used: leaves, blossoms

There are over 60 species of thyme and just walking down the herb aisle at the local nursery you get a little sampling of the varieties. Common garden thyme (*vulgaris*) is the most aromatic, hardy and medicinal of the varieties.

Properties

Antibacterial, antibiotic, antifungal, antioxidant, antimicrobial, anti-spasmodic, antiseptic, anthelmintic, anti-viral, astringent, carminative, diaphoretic, diuretic, emmenagogue, expectorant, germicide, nervine, preservative, vulnerary.

Energetics: warming, drying
Systems Affected: respiratory, digestive

Uses

- Sore throat and inflamed tonsils.
- Stuffy noses, coughs, cold, and flu.
- Aids the respiratory system helping with bronchitis, whooping cough, asthma, chest colds, etc.
- Respiratory infections and support.
- Hay fever
- Stimulates the immune system which aids the body in fighting colds, flu, and illness.
- First aid; antiseptic and disinfectant properties cleanse wounds, prevent infection and aid in healing.
- Mild anesthetic
- Infection of all kinds including bacterial such as ringworm, athlete's foot, and other fungal infections.
- Skin infection, sores, cankers, mouth ulcers.
- Eye infections, conjunctivitis (pink eye), sties.
- Gum inflammation and infection.
- Digestive complaints; cramps, gas, colic, tummy ache, indigestion, vomiting, etc.
- Food poisoning
- Headaches and minor pain
- Worms and parasites
- Gout discomfort
- Strengthens and supports the glandular system.
- Strengthens and supports the nervous system.
- Supports good skin health and aids body in healing skin conditions.
- Liver and gall bladder support.

- Stimulates the appetite and helps fats digest more readily.
- Sleeplessness, nightmares, and dizziness.
- Full of trace minerals, including iron; helps with anemia.
- Use as a natural food preservative to keep dishes from spoiling.
- Disinfects, sterilizes, and deodorizes - use in all your household cleaners.
- Repels gnats and mosquitoes.
- Skin care; cleanses and deodorizes the skin, tones and firms the skin, acne, herbal steam, toner, cleanser, cream, soap, and deodorant.
- Mouth wash, toothpaste
- Hair care; stimulates hair growth, strengthens fragile hair, helps with alopecia and hair loss.
- Head lice

Herb Preparations

- Tea
- Herbal oil
- Bath, foot soak, steam inhalation compress/fomentation
- Extract, vinegar, liniment.
- Honey, syrup
- Salves, ointments, balms
- Herbal pillow
- essential oil (make sure to use a carrier oil if applying directly to the skin).
- Food; Use a lot of thyme in cooking preparations during cough and cold season. You can also make thyme butter, thyme honey, thyme oil and herbal salts and sprinkles.

Care/Harvesting:

Best started from a root division or nursery plant.

- Plant in full sun, with well-drained soil, even sandy soil would be good.
- Likes it dry so water lightly. Too much moisture will rot the roots.
- Grows well in a container, it can then be brought in for the winter months.
- Mulch in the fall to protect from frost.
- Separate and replant every three years to keep it growing strong and healthy.
- Trim plants back in the spring and summer to contain woody growth and keep bushy. Do not trim in the fall or frost could harm the plant during the winter.
- Remove and replace areas that die out.
- Plant thyme with cabbage to deter root fly and cabbage moths.
- Harvest any time by cutting leaves as needed or cutting branches from the base and hanging to dry.
- Blossoms are at their medicinal best when first opening.
- Use fresh in recipes or dry for future use. Once dried run your fingers down the stalk to remove the leaves.