



Thyme



- Light: Full sun
- Water: Allow soil to dry between waterings
- Tip: Prune regularly to encourage new growth and prevent woodiness

Healing Benefits:

- Contains thymol, a powerful antimicrobial effective against bacteria and fungi.
- Known to support the immune system and respiratory health.
- Has antioxidant and anti-inflammatory effects - used for colds and coughs.

Popular Uses:

Soups, stews, roasted meats and vegetables, stuffing, marinades, herb butters, and Mediterranean seasoning blends like Herbes de Provence