



Get to know: Thyme



Thyme is an evergreen herb that is a member of the mint family. Thyme has a variety of uses, ranging from ornamental to culinary to medical. It is indigenous to the Mediterranean and was used by the ancient Egyptians in embalming and by the Ancient Greeks in their baths. In modern times, thyme is more commonly used in its dried or fresh form to add flavour to cooking. The fresh form is more flavourful than the dried form, but it only stays fresh for about a week. Both the stems and the leaves of thyme can be used in cooking.

Nutrition

100g of thyme contains 101 calories, 1.7g of fat, 609mg of potassium, and 14g of dietary fibre. Of course, when used as an herb thyme will not make much of a contribution to your daily nutrient intake. However, thyme is thought to have many health benefits outside of its nutrition facts.

Fun Facts

In the Middle Ages, Europeans would place thyme under their pillows to aid in sleep and ward off nightmares.

In the 18th century, thyme was recommended as a hangover cure.

In France and England, people would often plant a bed of thyme in their gardens in order to attract fairies. Thyme was thought to have helped fairies feel at home.

Health Benefits

Thyme is a good source of vitamin C, vitamin A, copper, fibre, and manganese. Thyme essential oil can be used as a cough remedy. One study has backed this remedy up, showing that symptoms of acute bronchitis can be relieved with a mixture of thyme and ivy. Thymol is an antiseptic found thyme that is used as an active ingredient in many mouthwashes, including Listerine.

source: en.wikipedia.org/wiki/Thyme, www.healthline.com, <http://topfoodfacts.com/fact-of-the-day-thyme/>,
<http://www.healthdiaries.com/eatthis/17-facts-about-thyme.html>
image: www.onlyfoods.net

What you can try with thyme:

Linguine with Lemon, Garlic, and Thyme Mushrooms

by: Nigella Lawson

Serves: 4-6

What You Need:

- 8 oz/4 cups finely sliced chestnut/cremini mushrooms
- 1/3 cup extra virgin olive oil
- 1 tablespoon Maldon/kosher salt or 1 ½ teaspoons table salt
- Small clove garlic, minced
- 1 lemon, zested and juiced
- 4 sprigs fresh thyme stripped to give 1 teaspoon leaves
- 1 pound (450g) linguine
- 1 bunch fresh parsley, leaves chopped to give ½ cup
- 2 to 3 tablespoons freshly grated parmesan, or to taste
- Freshly ground black pepper

What to do:

1. Slice the mushrooms finely, and put them into a large bowl with the oil, salt, minced garlic, lemon juice and zest, and gorgeously scented thyme leaves
2. Cook the pasta according to the packet instructions and drain loosely retaining some water. Quickly put the pasta into the bowl with the mushroom mixture.
3. Toss everything together well, and then add the parsley, cheese and pepper before tossing again. Eat with joy in your heart.

<http://www.foodnetwork.com/recipes/nigella-lawson/linguine-with-lemon-garlic-and-thyme-mushrooms-recipe.html>

Try these other recipes

- Za'atar: <http://www.epicurious.com/recipes/food/views/zaatar-106776>
- Thyme corn bread: <http://www.myrecipes.com/recipe/thyme-corn-bread>
- Pistachio crusted rack of lamb, fig and olive tapenade with orange roasted roots: http://www.bbc.co.uk/food/recipes/pistachio_crusted_rack_91352