

THYME

QUICK INFO

- Thyme is a sweetly aromatic perennial in USDA hardiness zones 5b and 6a.
- Thyme varieties can be either culinary or ornamental and it is important to use only culinary varieties in cooking.
- Culinary varieties include English, French, lemon, winter and other varieties.

COOKING TIPS

- Thyme can be used to flavor soups, stews, stuffing, sauces and is particularly good paired with mushrooms.
- Add thyme early in the cooking process as it is slow to release its oils.
- When a recipe calls for a sprig of thyme, choose one approximately 4-6 inches long and remove the woody stem when cooking is complete.

OTHER USES

- Dried thyme leaves can be used in fragrant sachets and potpourri.
- Ornamental thyme, such as woolly thyme, makes a great low-water ground cover in the Front Range.

STORAGE AND PRESERVATION

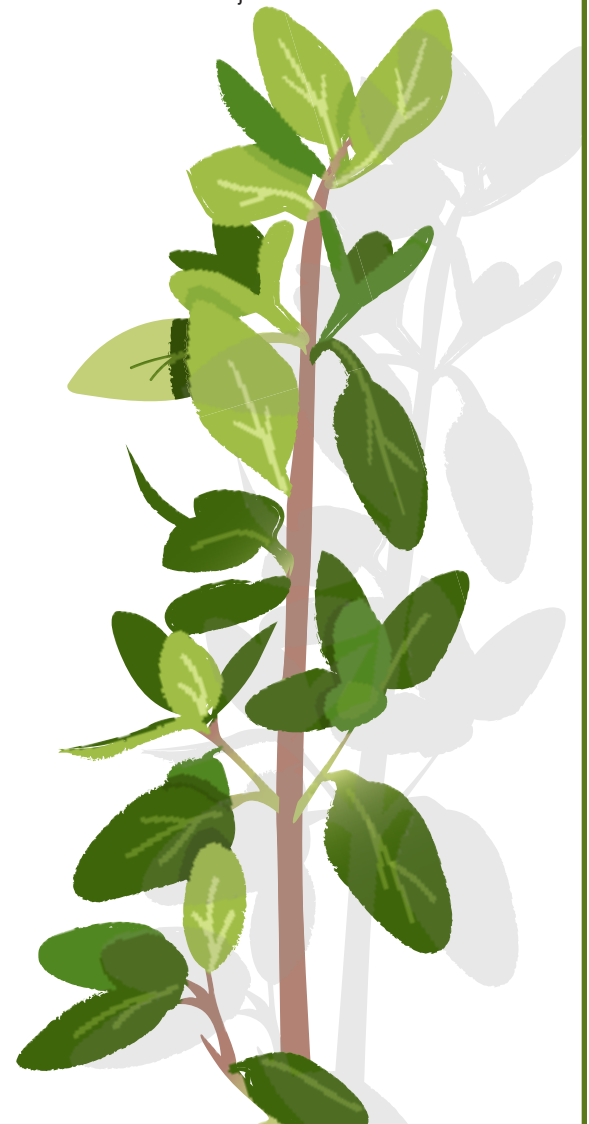
- Fresh thyme can be stored for weeks in a perforated plastic bag in the refrigerator.
- To dry fresh thyme, tie bundles of stems together and hang them in a cool, dark place or dry in single layers on a tray. When dry, strip the leaves from the stems and store in an airtight container.

GROWING TIPS

- Thyme grows well in full sun or part shade.
- Thyme grows well in a pot or directly in the garden. Divide or replace thyme every three years or so when you notice it becoming woody.
- Regularly harvest thyme all summer and fall to use and to keep the plant trimmed and attractive.

QUICK & EASY RECIPE

- **Thyme salt (dried leaves):** Use a coffee or spice grinder or food processor to grind dried thyme leaves; mix the leaves with sea salt in a ratio of 1 (leaves) to 4 (salt); pour the mixture into small glass containers and use to season soups, stews, roasted vegetables, and other dishes.
- **Thyme butter (fresh leaves):** Pick leaves from stems, rinse, and lay on towel to air dry; mix 1-2 tablespoons of thyme leaves with a stick of softened butter; spoon into small glass containers; store in the refrigerator until the date on your butter package or in the freezer for about six months. Place a scoop of the butter on roasted fish or vegetables, melt and pour on popcorn, or use to sauté mushrooms. {Variation – add freshly grated lemon zest and/or flaked salt to the softened butter mix.}



DENVER BOTANIC
GARDENS

botanicgardens.org

