

ACROSS THE STRAITS

 CORIANDER LEAF GROUP
#ADDICTIVELYASIAN

THYME

#loveasianspice



FACTS SHEET

Origin: Eastern Mediterranean

Family: Lamiaceae

Active ingredient: Thymol

Medical properties: Anti-fungal,
antiseptic

Scent: Herbaceous, strong

Taste: Earthy, lemony, minty

USES

- Add in baked bread
- Complements beef, lamb, poultry and fish
- Soups and stews
- Dessert garnish
- Replace salad dressings
 - Cocktails
 - Omelettes
 - Tea



**sources: foodal.com ; delallo.com ; thespruceeats.com ; asia.clickandgrow.com*

FUN FACTS:

- Ancient Greeks considered thyme to be a source of courage.
- Its flowers are edible.
- Can be used as an insect repellent.
- There are around 350 species of thyme.
- It was believed that placing thyme under the pillow ensures pleasant dreams.
- It was once believed that a coffin filled with thyme was a guarantee for safe and successful passage to the next life.

**sources: asia.clickandgrow.com ; healthbenefitstimes.com ; softschools.com*

