

# English Thyme

- \* Scientific Name: *Thymus vulgaris*
- \* Family: Mint (Lamiaceae)
- \* Type: Perennial Edible Herb
- \* Native range: Southern Europe
- \* Sun: Full sun
- \* Blooms: May to July
- \* Attracts: Honey bees, Butterflies, Native bees
- \* Cultivated: Alamance County

**Notes:** Leaves are highly aromatic and are frequently used fresh or dried as a seasoning in a variety of culinary applications including soups, stews, sauces, meat and fish dishes. The plant is a natural source of thymol used in treatments to kill Varroa mites. These external parasites attack both honey bees and brood fat body tissues weakening the adult bees and spread virus within beehives. Pollen pellets are greenish-yellow.

