

Thyme



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Suggested species: *Thymus vulgaris* (upright); *Thymus pulegioides* (creeping)

PLANT



Sow seed on soil surface in pots and transplant seedlings 25cm apart. Can also plant bought thyme or 'rooted cuttings' taken in summer. Choose well drained soil in sunny site

GROW



Water until established. Cut back shoot tips to encourage more growth and reduce stem length after flowering to avoid plants becoming too woody

EAT



Pick leaves to use fresh or before flowering for drying, leaving at least 7cm of growth. Plants crop year after year. Will keep mat of leaves over winter (evergreen)

Growing guide

Easy!

Average growing period

From 12 weeks

Equipment needed

None

Germination time

5-10 days

Average plant size

Up to 30cm tall and wide

Family group to grow with

Lamiaceae: mint, sage

Seed saving group

2 - (Perennial, can cross-pollinate)

Key nutritional content

Fresh: calcium, zinc, vit. A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 Use cloche

2.5cm = 1 inch 30 cm = 1 foot