

Dragonfly's Nook

PLANTS ♦ CRAFTS ♦ GOOD VIBES

Grow a kinder, greener tomorrow ♥

THYME

(Thymus vulgaris)

♥ Tiny Leaves, Mighty Benefits ♥

A hardy, aromatic herb with a rich history of healing.

Small
Plant
Big
Medicine
♥

Happy
Plants
Happier
People
♥

Thyme
Strength
Protection
Wellness
♥

Good
Plants
Good
People
♥

HERBS
NATURAL LIVING
BRIGHTER DAYS

Medicinal Benefits

- ♥ Supports respiratory health (may help with coughs, colds, congestion, and sore throats)
- ♥ Antimicrobial, antibacterial, antiviral, and antifungal properties
- ♥ May help reduce inflammation
- ♥ Supports digestive health (may ease bloating, gas, and indigestion)
- ♥ Rich in antioxidants
- ♥ May support immune system function
- ♥ Traditionally used to soothe skin irritations, minor wounds, and insect bites
- ♥ May help promote a sense of calm and overall well-being

Small leaves.
Big support. ♥

Plant Information

- ☀ **Type:** Perennial herb
- ↑↓ **Height:** 6 – 12 inches
- ↔ **Spread:** 12 – 18 inches (can form a low, bushy mound)
- 🌸 **Bloom Time:** Late spring – summer
- 🌸 **Flowers:** Tiny purple or pink flowers (attract pollinators)
- ❄️ **Hardiness Zones:** 4 – 9
- ☀ **Sunlight:** Full sun (at least 6 hours)
- 💧 **Soil:** Well-draining, lean soil (prefers drier soil)
- 🌿 **Water:** Low to moderate (drought tolerant once established)

Drought tolerant,
bee friendly, and
perfect for small spaces! ♥

Good for the Garden

- ♥ Attracts bees, butterflies, and other beneficial pollinators
- ♥ Great for herb gardens, borders, rock gardens, and containers
- ♥ Deer and rabbit resistant
- ♥ Low maintenance and drought tolerant
- ♥ Companions well with vegetables (like cabbage, tomatoes, and carrots)
- ♥ Helps deter certain garden pests (natural insect repellent)

Quick Facts

- ♥ **Edible:** Yes (leaves, flowers, stems)
- ♥ **Flavor:** Earthy, warm, slightly minty
- ♥ **Lifespan:** 3 – 5 years (or longer with proper care)
- ♥ **Family:** Lamiaceae (mint family)
- ♥ **Toxicity:** Generally safe in culinary amounts. Avoid large medicinal doses during pregnancy.
- ♥ **Fun Fact:** Used by the ancient Egyptians, Greeks, and Romans for medicine, cooking, and purification rituals!

How to Use Thyme

Different parts of the plant can be used in many wonderful ways!

Leaves

(most commonly used)



- ♥ Use fresh or dried in cooking (soups, stews, meats, roasted vegetables, sauces)
- ♥ Add to herbal teas
- ♥ Infuse into oils, vinegars, and honeys
- ♥ Use in herbal blends and seasoning mixes
- ♥ May help with respiratory support and digestive health

Strong flavor,
strong benefits! ♥

Flowers

(less commonly used)



- ♥ Edible and add a delicate flavor to dishes
- ♥ Use fresh in salads, garnish, or herb butters
- ♥ Can be infused into teas, honeys, and vinegars
- ♥ Attract pollinators to your garden
- ♥ Light and fragrant – a beautiful addition to herbal crafts and sachets

Tiny blooms, big beauty. ♥

Stems

(often overlooked)



- ♥ Use in stocks, soups, and slow-cooked dishes
- ♥ Add to herbal teas and infusions
- ♥ Can be used to make herbal vinegars and oils
- ♥ Woody stems are great for flavoring broths and marinades
- ♥ Allow stems to dry and use in smudge bundles or potpourri

Don't discard the stems –
they're full of flavor! ♥

Popular Ways to Enjoy Thyme



Herbal Tea



Infused Oil



Cooking & Seasoning



Sachets & Potpourri



Salves & Skincare



Crafts & Smudging

From the garden to your home –
thyme brings wellness, flavor, and joy. ♥