



EVERYTHING HERBAL

by Cheryl Jabz



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Thyme

Flavor & Common Uses

Thyme (*Thymus vulgaris*) has a savory, earthy flavor with subtle minty, lemony, and slightly floral notes. Its warm aroma and versatile character make it a favorite in cooking, teas, and traditional herbal uses.

FLAVOR PROFILE

- ✓ Earthy and savory
- ✓ Slightly minty
- ✓ Light lemony notes
- ✓ Warm and aromatic
- ✓ Can become strong if overused

PAIRS WELL WITH

Lemon, garlic, onion, rosemary, sage, parsley, olive oil, potatoes, carrots, mushrooms, chicken, turkey, beef, beans.

COMMON USES



Cooking: Excellent in soups, roasted vegetables, chicken, turkey, beef, stuffing, sauces, and beans.



Seasoning Blends: Popular in poultry seasoning, bouquet garni, and herb rubs.



Tea: Sometimes steeped in herbal tea for soothing warmth and wellness support.



Infused Oil & Vinegar: Used to flavor oils, vinegars, and marinades.



Steam & Herbal Uses: Traditionally valued in herbal remedies and steam blends.



Skin Care / Home Uses: Sometimes included in natural skincare and cleansing preparations.

TIPS

- ✓ Use sparingly; thyme becomes concentrated during cooking.
- ✓ Fresh thyme is excellent in roasted dishes and marinades.
- ✓ Dried thyme works well in soups, stuffing, and long-simmered meals.
- ✓ Strip leaves from woody stems before chopping.



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