

Thyme

a taste of Europe on the Floridian table

Thyme is an ancient herb that originated in the Mediterranean, spread throughout the Middle East via Roman trade routes, and came to the Americas through European colonialism. Today, thyme is a popular plant in kitchen gardens throughout the world. In the U.S. it is a common ingredient in spice blends for pizza and soups. The drought-tolerant nature of the plant makes it ideal for the Florida garden.

百里香 (bǎi lǐ xiāng, Mandarin),
अजवायन के फूल (Ajavaayan ke
phool, Hindi), થાંભ (Thā'ima,
Gujarati), tomillo (Spanish)



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culinary history, visit
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French provencal decoration:
flowers and thyme



HERB SATCHET

25
MINUTES
TOTAL

4
TOTAL
SERVINGS



INGREDIENTS

Herbs and spices to taste such as thyme, basil, parsley, peppercorns oregano, tarragon and/or rosemary

Two gallons of water or broth
Food grade cloth such as cheesecloth (with twine), tea bag, or tea steeper ball

DIRECTIONS

1. Select thyme with desired herbs and insert into teabag or tea steeper. If using cheesecloth, place herbs in center and tie into a bundle with twine.
2. Place satchet in water or broth on medium heat for at least one hour.
3. Do not allow liquid to boil as it can cook the herbs and make them bitter. *Evaporation of water may make broth too rich. If so, add a cup of water one at a time to dilute to taste.
4. Add remaining ingredients to make soup or stew (meat, vegetables, salt pepper, etc.)
5. Remove satchet prior to serving.

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FACTS

Thyme has been used by ancient cultures throughout the Mediterranean and Middle East for thousands of years, and today it is among the most popular herbs in Florida gardens.

Thyme contains iron, calcium, magnesium, manganese, and vitamins C, A, and B6.

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