**Memo**

**To: Brooke Carnwath and Writing Workshop Peers (Noah Miller, Kylie Kelly, Dana Piper, and River Kelly)**

**From: Writ 221 Nicole Franjevic**

**Date: September 16th, 2020**

**Subject: Expanded Definition of Buddha’s Herbs Organic Thyme Leaf Tea**

Buddha’s Herbs Organic Thyme Leaf Tea is a flavorful tea that contains the finest quality of herbs and grown in ideal organic conditions. Buddha’s Herbs has a reputation of aiding in digestion and soothing the consumer. Thyme tea in general is known for having many healing properties such as fighting the flu virus, fighting respiratory infections, and strep throat. The image below shows a typical pack of Buddha’s Herbs Organic Thyme Leaf Tea and it can be purchased off Amazon for only $12.49.

([www.amazon.com](http://www.amazon.com))

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|  | **Figure 1:** 22 pack of Buddha’s Herbs Organic Thyme Leaf Tea (courtesy of amazon.com) |

Thyme is a plant that grows in sunny, hot areas and often in grasslands (Thyme Tea Destroys Strep Throat, Flu Virus, And Fights Respiratory Infections).Thyme leaves are full of antioxidants, vitamins and minerals and contain high amounts of Vitamin C, which boosts the immune system. Thymus Vulgaris is the most used form of Thyme and is the most widely used medical herb. There are over 300 types of Thyme or similar plants, each having different medical properties. The most common of Thyme is Thymus Vulgaris Thymol, which is harvested during the fall. The second most common type of Thyme is Thymus Vulgaris Linalool, which is grown in high altitudes and known for antiparasitic and antifungal properties.

According to the website, Thyme has been used for thousands of years and was one of the most important spices ever used (Eva). The first use of Thyme was during the Greek Period, and people would use Thyme as gargle water, and they treated oral wounds in this way. Thyme tea was also used for flavoring alcoholic beverages and cheeses in Ancient Greek and Roman Times.

Both fresh and dry Thyme herbs are available at stores and it is also used in many cooking recipes, as they add lots of flavor (Thyme herb nutrition facts and health benefits). Thyme has a thin, woody base and square stems and can reach about 15-30 cm in length. Small, fragrant, lilac, or white color flowers appear in the summer. The other types of Thyme include lemon, caraway, and wild. Fresh and dry Thyme has been used in preparation for seasoned soups and sauces and is also used to marinate many meats. Not only does Thyme have many health benefits, but it also brings out the flavor in many foods!

Amid the Covid 19 pandemic, the consumption of tea is growing, and many people have become aware of the health benefits in tea (Zaki). Fruit and herbal teas have been gaining lots of traction because many people want to boost their immunity during the pandemic. As well, it has been shown that the antioxidants in tea help to fight flu viruses. Although Thyme tea and other herbal teas provide many benefits, if consumed too much, side effects such as diarrhea, nausea, and sweating can be seen. It is best to consume with caution!

**Work Cited**

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