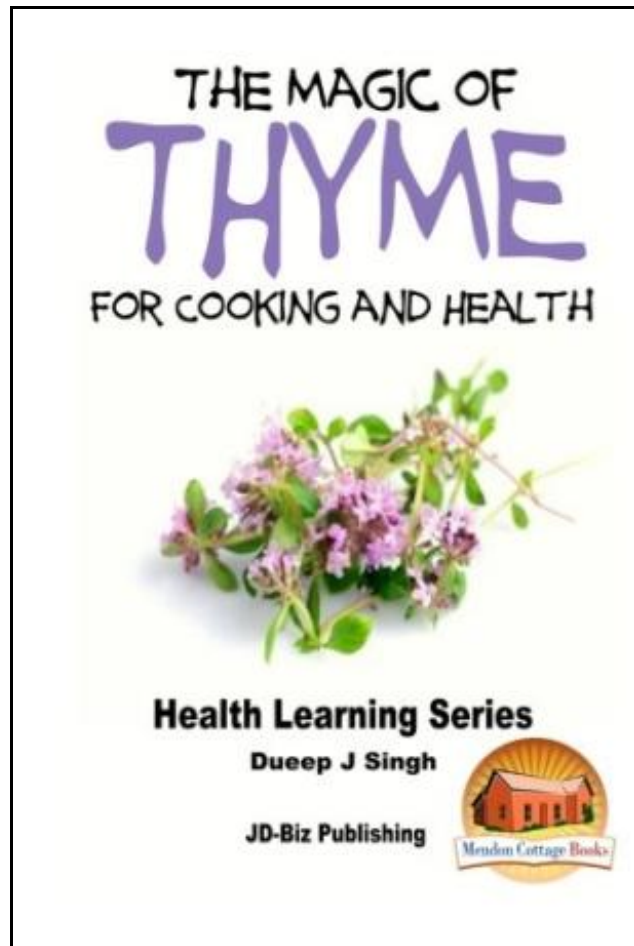


## The Magic of Thyme for Cooking and Health



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***(Donnie Rice)***

## THE MAGIC OF THYME FOR COOKING AND HEALTH



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Magic of Thyme For Cooking and Health Table of Contents Introduction Cultivation of Thyme Growing Thyme Propagation of Cultivars Harvesting Your Plant Crop Thyme in Cuisine How to Use Thyme? Thyme tea Tonsillitis Cure Sinusitis Cure. Thyme in Medicine Thyme for Skin Diseases Herbal vinegar Thyme as a Foot Talc Natural Cough Syrup Making Herbal Syrups Arthritis Remedy Conclusion Author Bio Introduction Thyme also known as Thymus serpyllum is a popularly culinary and garden plant with a number of different varieties all having much in the same use in cooking and medicine. Since ancient times, this was considered to be one of the most popular herbs, because it was so commonly available. It was used to flavor food with an aromatic, warm and pungent flavor. The name Thyme is Greek in origin, because it originally was a native in the Mediterranean region from where it will spread to other parts of the world and other sunny regions. It normally means fumigation, which is an allusion to the healing properties of its smoke. In ancient times, Greeks used to take sprigs of thyme leaves and make them into bundles. Then they used to set fire to them. This was then used to perfume the air of their rooms, as well as public spots like temples and other public gathering places with the aromatic smell of this herb. The smell of the thyme was supposed to lift depression and calm anxiety. So I would not be surprised that the Roman forum was also extensively fumigated with time smoke before the Senators decided they had to say something on the lines of Alea Jacta est or Delenda...



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