

MENASHA PUBLIC LIBRARY:

SPICE OF THE MONTH CLUB



WHAT IS THYME?

THYME (*THYMUS VULGARIS*) IS PART OF THE MINT FAMILY. IT IS KNOWN FOR ITS PUNGENT AROMA AND THE FLAVOR OF ITS DRIED LEAVES. THYME IS NATIVE TO THE MEDITERRANEAN, BUT IS NOW CULTIVATED ALL OVER THE WORLD. IT FLOURISHES BEST IN FULL SUN IN DRY, ROCKY OR SANDY SOIL. SOME VARIETIES OF THYME ARE GROWN FOR ORNAMENTAL GROUND COVER, SUCH AS CREEPING THYME. THE FLAVOR OF THYME IS GENERALLY CONSIDERED EARTHY, BUT ALSO A LITTLE SWEET, WITH A SLIGHT MINTY TASTE. WARM UNDERTONES ADD DEPTH TO ITS FLAVOR AND IT IS WELL KNOWN FOR BLENDING, RATHER THAN DOMINATING, OTHER HERBS AND SPICES WHEN USED IN TANDEM. THAT IS WHY IT IS CONSIDERED A GREAT "BUILDING BLOCK" FOR ALL KITCHEN SPICE RACKS. THYME IS ONE OF THOSE HERBS THAT RETAINS MUCH OF ITS FLAVOR WHEN DRIED. THE ORIGIN OF THE WORD "THYME" IS FROM THUMOS, A GREEK WORD MEANING "COURAGE." THYME HAS LONG BEEN CONSIDERED A SYMBOL OF BRAVERY AND STRENGTH, ESPECIALLY DURING THE MEDIEVAL ERA.

MARCH

THYME



10 USES FOR THYME

- **THYME IS THOUGHT TO SUPPORT HEALTHY GUT BACTERIA. USE IT IN A SMOOTHIE TO GET SOME FRUIT SERVINGS AT THE SAME TIME. MIX 1½ CUPS ALMOND MILK, 1 FROZEN BANANA, 1 CUP BLUEBERRIES, 1 TBSP RAW ALMOND BUTTER, AND THE LEAVES FROM 3 THYME SPRIGS AND BLEND.**
- **THYME IS ALSO A GREAT SOURCE OF VITAMIN C, MANGANESE, IRON AND COPPER.**
- **THYME CAN STAND UP TO LONG COOKING TIMES AND IS GREAT FOR DISHES THAT WILL BE BRAISED FOR HOURS.**
- **LIKE SAGE, THYME CAN BE MADE INTO AN EFFECTIVE SALVE FOR CUTS AND SCRAPES.**
- **THYME IS A GREAT CHOICE FOR POLLINATOR GARDENS, ROCK GARDENS OR HERB GARDENS. THEY CAN ALSO BE USED AS A BORDER PLANT AND ARE TYPICALLY DEER AND RABBIT RESISTANT.**
- **WHEN USING THYME FOR COOKING, IT IS BEST TO HARVEST THE LEAVES JUST BEFORE FLOWERING. THIS IS WHEN THE ESSENTIAL OILS ARE AT THEIR PEAK.**
- **THYME CAN BE USED TO FLAVOR HERBED BUTTER AND HERBED MAYONNAISE, MOST NOTABLY FOR: BREADS, SALADS AND FISH.**
- **THYME IS KNOWN TO STIMULATE THE LIVER, ENHANCE APPETITE AND AID IN DIGESTION.**
- **TRADITIONAL ITALIAN SPAGHETTI SAUCES RELY HEAVILY ON THYME TO ADD WARMTH IN COMBINATION WITH OTHER HERBS. IT IS ALSO A COMMON COMPONENT OF PIZZA SAUCE.**
- **THYME CAN BE ALSO BE CONSUMED AS A SOOTHING HERBAL TEA. YOU WILL NEED ABOUT 3 THYME SPRIGS (2 IF DRIED) FOR 1 1/2 CUP OF BOILING WATER. ADD LEMON, HONEY AND/OR GINGER IF YOU WISH.**



Add Thyme to:

-Marinades

-Poultry Stuffing

-Cheeses



Note: This information is meant to supplement, not replace advice from your healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects.

Sources Consulted: Encyclopedia Britannica; Consumer Health Complete; spiceography.com; Gale Health and Wellness; MasterClass

Baked Rice with Lemon and Thyme

Courtesy of: Jessica Fisher



Yield:
6 Servings

Time:
Prep: 5
Minutes
Cook Time:
20 Minutes
Total Time:
25 Minutes

Ingredients:

- 2 cups long grain white rice (uncooked)
- 2 tablespoons butter, cut into cubes
- ½ teaspoon salt
- ½ teaspoon dried thyme
- ½ teaspoon lemon, zested
- ¼ teaspoon paprika
- 4 cup boiling water
- 2 tablespoon parsley (chopped)
- black pepper

Directions:

1. Preheat the oven to 425°. Spray a 9x13-inch baking dish with nonstick cooking spray.
2. Place the rice in the pan in an even layer. Dot the top with butter. Sprinkle the salt, thyme, zest, and paprika over the top.
3. Pour the boiling water into the pan and cover it right away with heavy-duty foil. Seal the edges tightly.
4. Bake the rice for 20 minutes. Fluff the rice with a fork, tossing it with the fresh parsley. Adjust seasonings and serve.

Nutrition

Calories: 260kcal | Carbohydrates: 50g | Protein: 5g | Fat: 4g | Saturated Fat: 3g | Cholesterol: 10mg | Sodium: 239mg | Potassium: 78mg | Fiber: 1g | Sugar: 1g | Vitamin A: 270IU | Vitamin C: 2mg | Calcium: 24mg | Iron: 1mg

Heirloom Tomato Pie

Courtesy of: Taste of Home

Time:

Prep: 45 Minutes

Bake Time: 35 Minutes

Total Time: 80 Minutes

Yield:

8 Servings

Directions:

1. Preheat oven to 350°. Place tomato slices in a single layer on paper towels; sprinkle with 1/2 teaspoon salt. Let stand 45 minutes. Pat dry.
2. Meanwhile, place cheese, flour and remaining salt in a food processor; pulse until blended. Add butter; pulse until butter is the size of peas. While pulsing, add just enough cream to form moist crumbs. Press dough onto bottom and up side of an ungreased 9-in. fluted tart pan with removable bottom. Gently press bacon into dough. Bake 20-22 minutes or until light brown. Cool on a wire rack.
3. In a large bowl, beat cream cheese, herbs and garlic powder until blended. Spread over crust. Top with tomato slices; sprinkle with pepper. Bake 35-40 minutes longer or until edge is golden brown and tomatoes are softened. Cool on a wire rack. Refrigerate leftovers.

1 piece: 320 calories, 25g fat (14g saturated fat), 74mg cholesterol, 603mg sodium, 14g carbohydrate (3g sugars, 1g fiber), 11g protein.

Ingredients

- 1-1/4 pounds heirloom tomatoes (about 4 medium), cut into 1/4-inch slices
- 3/4 teaspoon salt, divided
- 1-1/2 cups shredded extra-sharp cheddar cheese
- 3/4 cup all-purpose flour
- 1/4 cup cold butter, cubed
- 1 to 2 tablespoons half-and-half cream
- 5 bacon strips, cooked and crumbled

Filling:

- 1 package (8 ounces) cream cheese, softened
- 1/2 cup loosely packed basil leaves, thinly sliced
- 2 tablespoons minced fresh marjoram
- 1-1/2 teaspoons minced fresh thyme
- 1/2 teaspoon garlic powder
- 1/8 teaspoon coarsely ground pepper

