
Selection

When purchasing thyme, whenever possible try and buy fresh thyme over the dried, as the fresh has more flavor.

The leaves of fresh thyme should look fresh and be a vibrant green-gray in color. They should also be free from dark spots or yellowing.

When storing fresh thyme keep it in refrigerator wrapped in slightly damp paper towels.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Fresh thyme is highly perishable and should be stored in refrigerator wrapped in a slightly damp paper towel..
 - ◆ Wash produce only right before you intend to use it.
 - ◆ Refrigerate produce in perforated plastic bags.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
 - ◆ What you spend supports the family farms who are your neighbors.
 - ◆ Fresh fruits and vegetables are more flavorful, more nutritious and keeps more of its vitamins and minerals than processed foods.
 - ◆ Local foods taste good!
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FOR MORE INFORMATION...

Contact your local Extension office:

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Thyme Tomillo

Uses

Thyme can be added to many dishes. Add thyme to your favorite pasta sauce recipe, to omelets or scrambled eggs. Also thyme is great in kidney, pinto or black beans. Use thyme when poaching fish.



Roasted Potatoes with Thyme

Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Good source of Vitamin A
- ♦ Good source of Vitamin C
- ♦ Good source of Iron

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Primary Source: WH Foods; Photos found on Google images

Try It!

Sautéed Potatoes with Thyme

INGREDIENTS

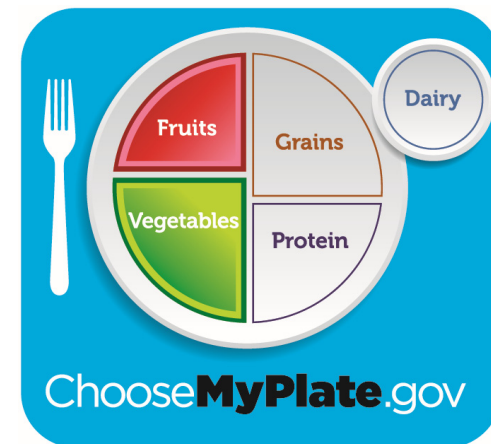
- 5 Large Russet potatoes, peeled, cut into 1/2" (about 3 pounds)
- 4 Tbsp. Unsalted butter, melted
- Minced fresh thyme

INSTRUCTIONS

1. Cook potatoes in large pot of boiling salted water for 5 minutes.
2. Drain well and cool completely. (Can be prepared 1 day ahead. Cover and refrigerate).
3. Divide butter between 2 heavy large skillets and melt over medium-high heat.
4. Add half of potatoes to each skillet and sauté until tender and golden brown, about 10 minutes.
5. Season with salt and pepper. Sprinkle with thyme and serve.

Yield: 8 servings

Recipe Source: www.recipesource.com



History & Fun Facts

In ancient Greece, thyme was widely used for its aromatic qualities. Thyme was also a symbol of courage and admiration with the phrase "the smell of thyme" being a saying that reflected praise unto its subject.

Thyme's association with bravery continued throughout medieval times: it was a ritual for women to give their knights a scarf that had a sprig of thyme placed over an embroidered bee. Since the 16th century, thyme oil has been used for its antiseptic properties, both as mouthwash and a topical application.