

NATIVE AUSTRALIAN FOOD FACTS:

Wild Thyme

Prostanthera incisa

Wild Thyme is endemic to south-east Queensland, New South Wales, & Victoria – more abundantly on coastal fringes. Actually part of the Australian mint family, it's called "Wild Thyme" as the dried, crushed leaves resemble regular thyme, and it has a powerful but uniquely Australian "thymey" flavour.

DID YOU KNOW? | The green colouring of the leaves is an indicator of chlorophyll, a valuable antioxidant.

FLAVOUR PROFILE:

A powerful flavour that is 'thymey' and 'minty', with savoury herbaceous pepper notes. A little goes a long way.

Wild Thyme



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Ground Wild Thyme



SEASONALITY:

The leaf can be harvested year-round as it is an evergreen shrub. The leaves last very well when sealed tight.

Roasted potatoes with Wild thyme



USES:

Used fresh or dried to marinate meats - lamb, beef or chicken. Pairs well with garlic, tomato & lemon on grilled meats, or with roast vegetables like potatoes & onions, in sauces or casseroles.

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GROWING REGIONS:



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