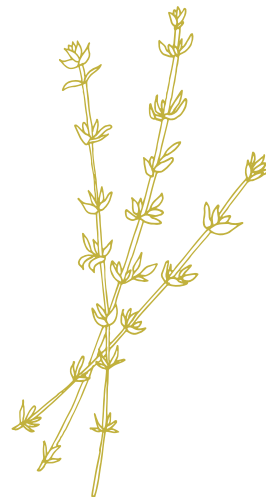


# the pur terroir<sup>®</sup>

INFUSÃO • HERBAL TEA



## LEMON THYME

*Thymus x citriodorus*

*Thymus citriodorus*, commonly known as Lemon Thyme, originated in southern Europe and northern Africa, but the Romans are credited with its spread. It has been regarded since Ancient Greek times as a symbol of bravery, as well as an expectorant and pleasantly aromatic herb.



## HOW TO PREPARE

Combine 2 tablespoons of Lemon Thyme leaves with 1 litre of 85°C water in your vessel of choice (tea strainer, tea pot, or even right into the mug). Let the leaves steep for 5-7 minutes, depending on how strong you like your tea.

## INGREDIENTS

100% pure Lemon Thyme leaves from our Territory.

## NUTRITIONAL INFORMATION

Dairy free, gluten free, caffeine free, theine free, suitable for vegetarians and vegans.

## HOW DOES IT TASTE?

A refreshing and complex herb, Lemon Thyme balances the woody, balsamic notes of Thyme with an invigorating lemon flavour. Infusions of Lemon Thyme are smooth and fresh, and the subtle sweetness of the plant replaces the bitterness sometimes found in regular Thyme.

## HEALTH BENEFITS

Rich in vitamins, minerals, and antioxidants, Lemon Thyme can help strengthen your immune system and promote good health. Its anti-inflammatory and decongestant qualities suggest an infusion of Lemon Thyme can also help ease your respiratory tract and soothe a pesky cough.

## CULINARY USE

Lemon Thyme is a versatile herb that can complement your favourite dishes. It is a great replacement for lemon juice or zest, adding a pleasant lemon flavour to poultry, seafood, or roasted vegetables. Try adding it to soup, stuffing, or even baked goods.

## HOW IT IS MADE

Organically cultivated plants originate in our nursery and are selected from the best adapted cultivars. Harvesting is done by hand near the flowering stage of the plant cycle (when essential oil concentration is higher). Leaves are dried at low temperatures, never exceeding 25°C. The best leaves are selected by hand.



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