

The distinction of herbs and spices is made by several authors that state that first come from leaves (fresh or dry) of aromatic plants that normally grow

Thyme (*Thymus vulgaris*):

Origin: Mediterranean region.

Usable parts: leaves.

The aroma of thyme is poignant as well as the taste, which

A boost in the morning

Lemonbalm is suggested as fantastic for the nervous system, and liquorice root, which promotes

Skin, hair and nail health

Flowers

28 g

References

<http://www.primaryinfo.com/culinary-herbs.htm>

<http://www.sps186.org/downloads/basic/363646/Chapter%2016.2%20Herbs%20&%20Spices.pdf>

https://en.wikibooks.org/wiki/Cookbook:Spices_and_Herbs