

October 2026 : Thyme

Thyme (Thymus vulgaris) is a fragrant, woody perennial herb in the mint family native to the Mediterranean region. Fresh thyme has thin woody stems and small green leaves. When dried, the leaves become darker grayish green in color.

Thyme is a kitchen workhorse. Fragrant, earthy, and remarkably versatile, it has a way of bridging all kinds of flavors. Because it holds up well to heat, it shines in slow-cooked dishes, and unlike many herbs, thyme retains its character beautifully when dried.



History of thyme: Thyme has been used since ancient times for its culinary and medical properties. The ancient Egyptians utilized thyme as part of their embalming process. The first recorded evidence for the medical uses of thyme dates back to the first century AD. Thyme was well-regarded by the ancient Greeks and Romans for its antiseptic properties, and traditional remedies to this day associate thyme with the alleviation of pulmonary afflictions such as coughs. In the 19th century, thyme oil was used by dentists to treat oral abscesses and inflammation, and as an antiseptic.



Culinary uses: Because of its unique aroma, this spice is often added to baked goods, stews, meats, garden salads, poultry stuffings, seafood, egg dishes, and marinades of chicken and fish. It also adds flavor to a variety of vegetable preparations, such as beans, onions, potatoes, and carrots.

Cooking Tips for Dried Thyme:

- Substitution rule: Use 1 teaspoon of dried thyme for every 1 tablespoon of fresh thyme.
- Timing: Add dried thyme early in the cooking process so its robust flavor can release into liquids and oils.



Fun Facts: The Romans used thyme to flavor cheese and alcoholic beverages. When they conquered the land, the Roman army introduced thyme to the British Isles.

In medieval Europe, wild thyme was thought to attract fairies, especially on Midsummer's Eve.

People have used thyme oil as both an antiseptic and an insect repellent. Thymol is a common meat preservative, and olive farmers often combine thymol into the oil that preserves olives in the Mediterranean.

Skillet Creamy Lemon Thyme Chicken

This quick, single-pan recipe creates a rich garlic-herb cream sauce that makes chicken breasts incredibly flavorful and moist.

Prep: 10 min.
Cook: 30 min.
Servings: 4



Ingredients:

- 4 boneless, skinless chicken breasts
- 1 ½ tsp. dried thyme
- 1 Tbsp. olive oil
- 2 garlic cloves, minced
- 1 ½ cups chicken broth
- ¼ cup lemon juice
- ⅓ cup heavy cream
- 3 Tbsp. unsalted butter
- salt and pepper

Directions:

- Season the chicken with salt and pepper.
- Heat olive oil in a skillet over medium-high heat and sear the chicken until golden on both sides (about 5–6 minutes per side), then remove to a plate.
- In the same pan, add the garlic and dried thyme, cooking for 30 seconds.
- Pour in the chicken broth and lemon juice, simmering to reduce slightly.
- Stir in the heavy cream and butter until smooth.
- Return the chicken to the pan and simmer for 5–7 minutes until the sauce thickens and chicken is cooked through.

Herbed Butter and Thyme Pork Chops



This stovetop recipe uses a classic French technique: basting the pork chops in melted butter infused with dried thyme and rosemary. It creates an aromatic, golden crust while keeping the inside incredibly juicy.

Prep: 10 min.
Cook: 15 min.
Servings: 6

Ingredients:

- 4 pork chops (approx. 10 oz total)
- ½ tsp. dried thyme
- 1 tsp. dried rosemary
- 5 Tbsp. unsalted butter
- Salt, pepper, and garlic powder to taste

Directions:

1. Pat the pork chops dry with a paper towel. Season both sides generously with salt, pepper, garlic powder, and a small pinch of the dried rosemary. Let sit at room temperature for 15–30 minutes.
2. Heat a large, non-stick saucepan or skillet over medium heat and add the butter, remaining dried rosemary, and the dried thyme.
3. Once the butter melts and begins to foam, place the pork chops into the pan. Do not overcrowd them.
4. Cook the pork chops for about 5 minutes per side until they turn a rich golden brown. While they cook, occasionally tilt the pan and use a spoon to scoop up the hot, melted herb butter and pour it over the top of the chops.
5. Remove from the pan and let them rest for 5 minutes before serving so the juices redistribute.

Pro Tips & Variations:

For Pork Tenderloin: If you have a whole pork tenderloin instead of chops, you can mix 2 Tbsp. of Dijon mustard with ½ tsp. of dried thyme, 1 tsp. of dried rosemary, and crushed black peppercorns. Slather the paste all over the tenderloin and roast it at 350°F for 30 to 40 minutes.

HEARTY LENTIL AND THYME SOUP



This delicious vegetarian soup is perfect for cool fall evenings.

Prep: 10 min.
Cook: 30 min.
Servings: 4

Ingredients:

- ½ cup shallots, chopped
- 1 Tbsp. coconut oil
- ¼ cup parsley, chopped
- 4 large carrots, diced
- 6 cups vegetable broth
- 1 cup red lentils
- ¼ tsp. thyme
- ¼ tsp. oregano
- 4 roma tomatoes diced
- Sea salt to taste

Directions:

1. In a large pot, sauté shallots in coconut oil until soft. Add in chopped parsley and carrots and let them simmer for 5 minutes.
2. Add vegetable broth, lentils, thyme and oregano into pot. Reduce heat to medium low, cover with a lid and let cook for 30 minutes.
3. Stir in diced tomatoes and let it cook on low for 5 minutes.
4. Serve in your favorite bowl and add sea salt to taste.

MUSHROOM & THYME PAN SAUCE



This versatile savory sauce pairs great with almost anything.

Prep: 10 min.
Cook: 30 min.
Servings: 4

Ingredients:

- 8 oz. minced mushrooms
- 1 finely chopped shallot
- ¼ tsp. dried thyme
- ½ cup red wine
- 3 Tbsp. heavy cream
- 1 tsp. butter
- salt and pepper to taste

Directions:

1. Sauté the shallot in melted butter until soft.
2. Add the red wine and let it mostly evaporate.
3. Stir in the mushrooms and dried thyme until the liquid cooks off.
4. Stir in the heavy cream until slightly thickened.
5. Spoon over cooked steak, chicken, or burgers.

Check Out These Cookbooks!

These cookbooks all contain recipes with spices from this month's kit.
Did you know that we have over 350 cookbooks in our collection?
Explore recipes from many different countries and cuisines!



Carla Bakes: Sweet Savory and From the Heart

Carla Hall

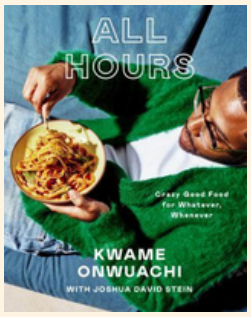
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What to Cook When you Don't Feel Like Cooking: Make It Fast

Caroline Chambers

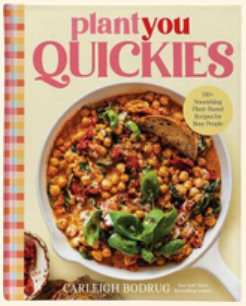
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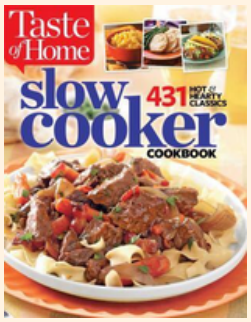
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Plant You Quickies

Carleigh Bodrug

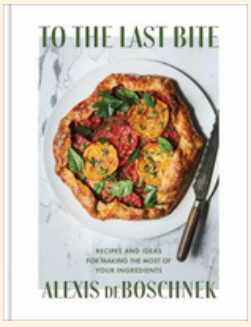
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Taste of Home Slow Cooker Cookbook

Taste of Home

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To The Last Bite

Alexis DeBoschnek

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