


A simple guide to
THYME

Thick, woody stems with leaf clusters 

Can be picked fresh year-round 

Earthy flavor that can be used fresh or dried 



In Season



How To Select



Choose thyme with perky, bright green stems.



Avoid wilted, dull, or brown leaves.

How To Store

- Arrange stems in a single layer on a damp paper towel & roll it loosely. Place in a zip-close bag & refrigerate up to 14 days.
- Dried thyme can be stored in an airtight jar up to a year for optimal freshness.

How To Prepare

Dried



Place thyme in a single layer on a baking sheet lined with parchment paper. Bake at 170°F 25-30 min.

Fresh



Remove leaves from stems. Chop leaves & add to soups, pastas & roasts.



Tip: Pull a sprig of thyme through fingers or a fork for easy removal of leaves!



BARLEY CHICKEN SOUP WITH MARKET VEGGIES

Ingredients:

- 2 Tbsp olive oil
- 2 lbs boneless, skinless chicken breasts, sliced
- 5 cloves garlic, minced
- 1 Tbsp fresh minced thyme
- 3 carrots, sliced, greens separated & chopped
- 1 leek, trimmed & leaves removed, diced
- 1 bunch baby turnips, peeled & diced, greens separated & chopped
- 1/4 cup apple cider vinegar
- 2 (32 oz) cartons unsalted chicken broth
- 1 cup quick-cooking barley

Preparation:

1. In a large stockpot, heat oil over medium-high. Add chicken, garlic & thyme. Cook 5-7 minutes or until chicken is lightly browned.
2. Add carrots, leek, turnips, vinegar, broth & barley. Bring to a boil. Cover & simmer 12-15 minutes or until vegetables are tender.
3. Remove from heat. Stir in carrot & turnip greens. Cover & let sit until greens are wilted.
4. To serve, top with fresh thyme.

35 Min | Serves 8

Nutrition Facts	
8 servings per recipe	
Serving size	(446g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 160mg	7%
Total Carbohydrate 30g	7%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 2mg	10%
Potassium 824mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?



This recipe is 1 for 1 certified & meets a lower sodium standard.

