



Summer Thyme Limeade

By Erin Fletter

Prep Time 5 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

strain: to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

Equipment

- ☐ Blender (or large bowl + immersion blender)
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Strainer
- ☐ Pitcher

Ingredients

Summer Thyme Limeade

- ☐ 2 to 4 limes
- ☐ 1/2 to 1 C granulated sugar, brown sugar, honey, or 8 stevia packets
- ☐ 3 C cold water, divided
- ☐ fresh thyme leaves

❑ ice

Food Allergen Substitutions

Summer Thyme Limeade

Instructions

Summer Thyme Limeade

wash + cut + add

Have kids wash **2 to 4 fresh limes**. Then ask kids to cut the limes into quarters (or even smaller) and throw them into your blender, peels and all. Add **1/2 to 3/4 cup sugar** and **2 cup cold water**.

blend + strain

Have kids blend everything until it is super smooth, then strain into a serving pitcher and stir in the remaining **1 cup of cold water** and set to the side. Right before serving, add lots of **ice**, more **sugar** if needed, and a few **fresh thyme leaves**. Enjoy!

Featured Ingredient: Thyme!

Hi! I'm Thyme!

"You pronounce my name like the word "time." I'm a fragrant herb, and I like to hang out with other herbs, like basil, mint, parsley, rosemary, sage, and oregano. We complement each other and can make food taste so much better!"

History & Etymology

Thyme is an aromatic culinary herb from the Thymus genus of flowering plants. Wild thyme grows in the Eastern Mediterranean. It is native to Eurasia and North Africa. Thymus vulgaris, or common thyme, is native to southeast Europe.

The Ancient Egyptians cultivated thyme for embalming before burials. The Ancient Greeks used it in baths and as incense in temples. They also felt it provided them with courage. The Ancient Romans added it to cheese and liqueurs to purify their rooms.

Medieval Europeans put thyme under their pillows to help them sleep and prevent nightmares. The courage theme continued during this time, as women would give soldiers thyme leaves to encourage their bravery.

Some thymes are used in cooking, some in medicine, and some for ornamental purposes.

The Middle English word "thyme" comes from the Old French "thym," via Latin from the Greek "thumon" or "fumigate." It is derived from the Greek word "thuein," which means "to burn or sacrifice."

Anatomy

The perennial thyme plant is a flowering plant in the Lamiaceae or mint family. It is generally planted in the spring in a sunny place with good drainage. It can tolerate drought.

A bunch of thyme is made up of sprigs. Thyme sprigs are stems, about 3 to 5 inches long, with small leaves, about 1/4 to 1/2 inch long. The tiny blossoms can be white, pink, or purple.

Thyme flowers, leaves, and oil are edible and used in cooking.

How to Pick, Buy & Use

You can grow fresh thyme if you have a sunny spot in a kitchen window, garden, balcony, or patio.

You can find sprigs and bunches of fresh thyme in the grocery store's produce department, as well as dried leaves and powder from dried leaves in the spice aisle.

To remove fresh thyme leaves, gently pull them along the stem through your fingers or fork tines or scrape the back of a knife along the stem.

Fresh or dried thyme is added to many poultry, lamb, legume, egg, and vegetable dishes. It is used in salad dressings, marinades, sauces, soups, stocks, and stuffings. It can also be an herbal tea for relaxation or relieving respiratory and digestive issues.

Thyme is included in "za'atar," an herb blend in Middle Eastern cuisine. It is also included in the French "bouquet garni" (garnished bouquet) and "herbes de Provence."

Nutrition

Thyme contains phytonutrients and antioxidants. It is a rich source of vitamins A and C and minerals: calcium, iron, magnesium, manganese, potassium, and selenium. Its essential oil has thymol, which also contains antioxidants.

The concentrated amounts of these nutrients in thyme leaves provide health benefits and have disease-fighting characteristics.