NOVEMBER 2026 • BOTANICAL REFERENCE

ROSEMARY & THYME

At the Kitchen Window



A sprig in a pot, a pinch in the soup, and a plant with its own story.

Morning sunlight drifts through the kitchen window and gently rests on a fresh, fragrant bunch of green rosemary and thyme.

You might recognize rosemary by its pine-like scent or thyme by the flavor it adds to your favorite soup. But these herbs have more to offer. Their stories span Mediterranean gardens and family kitchens, old herb books, and today's research.

In this issue, we'll learn about these plants, trace their history, and find out how to grow, cook with, and preserve them. We'll also explore their use in herbal medicine, including research on coughs, hair growth, and memory.

IN THIS ISSUE

01 Meet rosemary and thyme
02 Two herbs across the centuries
03 In the kitchen
04 Keeping the harvest
05 Growing through winter
06 The medicinal story
07 What researchers are learning
08 Preparations and a few useful care notes
09 Holidays and Events This Month
10 Sources and further reading

01

Meet rosemary and thyme

A shared family, two different personalities

Rosemary and thyme belong to *Lamiaceae*, the mint family. Rosemary carries long, narrow leaves, while garden thyme has much smaller leaves on fine, branching stems. Both bring fragrance to the garden, though neither smells like peppermint. [3, 4, 8, 9]

ROSEMARY

Salvia rosmarinus

Also known as Rosmarinus officinalis



Rosemary is a woody evergreen shrub native to the Mediterranean region. Its narrow leaves are green on top and pale underneath, where fine hairs give them a soft, silvery look. Small flowers may be blue, lavender, or white. [3, 8]

The variety you choose helps shape the garden. Upright rosemary can add height to a large pot or border, while trailing forms spill over the sides of a container. A cultivar is a named variety selected for certain features, such as shape, flower color, or cold tolerance. [8, 16]

If your older herb book says *Rosmarinus officinalis* and a newer plant label says *Salvia rosmarinus*, you're still reading about rosemary. The accepted botanical name has changed; the familiar kitchen herb has not. [3]

GARDEN THYME

Thymus vulgaris

Also called common thyme



Garden thyme is a low, woody perennial, meaning it can live for several years. Native to southwestern Europe and southeastern Italy, it forms a small mound of fragrant leaves. Its tiny flowers attract bees and other pollinators. [4, 9]

Not every plant sold as thyme has the same shape or scent. You may find creeping thymes, upright forms, and varieties with lemon or orange notes. The Royal Horticultural Society (RHS), a British gardening organization, notes that mounded types, such as common thyme, are easier to harvest than low, creeping forms. That can make a real difference when you want a few sprigs for dinner. [27]

Knowing which plant you have makes its story easier to follow, especially when an old book or medicine label uses a different name.

02

Two herbs across the centuries

The plants people carried with them

Rosemary and thyme traveled as cuttings shared between gardens and as knowledge passed through letters and herb books.

A gift of rosemary

The Metropolitan Museum of Art (The Met) describes a gift sent in 1338. The Countess of Hainault sent her daughter, Queen Philippa of England, a book about rosemary along with cuttings of the plant. It offers a lovely glimpse of gardening knowledge passing between people and places. [10]

Growing the gift was a different challenge. Henry Daniel's medieval rosemary text warned about frost and cold winds. If you've ever moved a pot to shelter before a cold night, that part of the story might feel familiar. The account describes an early exchange, but it doesn't say exactly when rosemary first reached England. [10]

By the sixteenth century, herbalist John Gerard described rosemary in English and Italian gardens. Later, John Parkinson wrote about its place at weddings and funerals. Shakespeare also drew on its link with remembrance in Hamlet. A single sprig could help mark a marriage, honor someone who had died, or bring a loved one to mind. [10]

Thyme in the old herb books

Thyme can be hard to identify in old herb books, where names and descriptions vary. The Old English Herbarium, a book of herbal knowledge from around the year 1000, included a plant called *Serpillum*, associated with wild thyme. In the twelfth century, Hildegard of Bingen described two types of thyme. One may have been garden thyme; the other was a creeping form. [24]

Those names don't always match the labels we use today. As The Met explains, ancient and medieval writers sometimes used similar names for different thyme species. Descriptions of the leaves, growth habit, or where the plant grew can help us understand which one they meant. [24]

At The Met Cloisters gardens, common and wild thyme can be seen as living plants. That is a useful reminder of what lies behind an old herbal: someone looking closely, noticing a scent, tending a garden, and trying to pass that knowledge on. [24]

These stories show how the herbs were part of daily life long before they ended up on our spice shelves. In the kitchen, we get to know them through both their flavors and their histories.



03

In the kitchen

Flavor, texture and timing

Rosemary has a bold, pine-like flavor, often described as resinous. Common thyme is earthy and peppery, with a slight sweetness. Rosemary can stand out in a dish, while thyme often blends into the other flavors. [16, 27]

How you use the herb matters, too. A whole sprig can flavor a pot of soup without leaving many bits behind. Finely chopped leaves mix into the food, so you taste them in every bite.

Whole sprigs for soups and stews

Add a whole culinary sprig when you want the herb to flavor a simmering liquid and be easy to remove later. Before serving, lift out the woody stems and check for any broken pieces. Some thyme leaves may loosen from the stem and stay in the dish.

Chopped leaves for an even bite

Strip the leaves from firm stems before chopping. Rosemary leaves can feel tough when left in long pieces, so a fine chop works well in bread, potatoes, or cheese mixtures. Thyme's smaller leaves scatter more easily through eggs, vegetables, and other savory dishes. [7]

Fresh and dried are different measures

Drying removes water, so a spoonful of dried herb is usually stronger than the same volume of fresh leaves. As a starting point, the National Center for Home Food Preservation suggests using one-quarter to one-third as much dried herb when a recipe calls for fresh. [25]

For example, 1 tablespoon of fresh leaves would become about 3/4 to 1 teaspoon of dried leaves. This is a guide, not an exact flavor match. The herb's age, how finely it is ground, and the other ingredients all affect the result. Powdered herbs may be stronger still. [7, 25]

Sprigs vary in size. In a recipe, “1 teaspoon finely chopped fresh rosemary” gives a more repeatable measure than “one sprig.”

Finding a place for each herb

Rosemary pairs well with vegetables, chowders, and cheese dishes. Thyme pairs well with beans, onions, eggs, bread, and savory soups. These familiar foods let you notice what each herb adds. [7]

Timing changes the flavor you get. Leaves that simmer in liquid soften and blend into the dish; a little fresh herb added near the end leaves a brighter final note. Follow the recipe's method, then taste before adding more. If you use rosemary and thyme together, use rosemary lightly so it doesn't overpower the thyme.

A small supply of fresh or dried herbs keeps favorite pairings close at hand.

04

Keeping the harvest

From fresh sprig to pantry jar

A small amount stored well can be more useful than a big bunch that goes unused. Keep fresh sprigs for your next few meals, and dry the rest for later.

Keeping cut herbs fresh

Choose herbs with sound leaves and a fresh scent. Remove damaged or decaying pieces. One simple storage method is to wrap cut sprigs in a lightly damp paper towel, place them in a closed bag, and refrigerate them. The towel should be damp, not dripping. Rinse the herbs before you prepare them for food. [7]

Drying a small harvest

Rosemary and thyme are sturdy herbs that dry well in small bundles. Rinse them in cool water, shake off excess moisture, and remove damaged leaves. Hang the bundles where air can move around them, away from direct sunlight. Loose bundles dry more evenly than thick bunches. [25]

A dehydrator gives you more control over heat and airflow. Follow its herb-drying instructions and check the leaves as they dry. Drying time varies with the amount of herb, the room's humidity, and the equipment. [25]

You'll know the herbs are dry enough to store when the leaves crumble easily, and the stems snap when bent. If the leaves still feel soft or the stems bend without breaking, let them dry longer. Once dry, place them in an airtight container and store them in a cool, dark cupboard. Label the jar with the herb's name and packing date. [25]

You can keep dried leaves whole and crumble them as you cook. Store herbs on a shelf away from the stove to protect them from heat and steam.

Keeping herbs in oil

Herb-flavored oil needs different storage because oil doesn't keep fresh or dried herbs safe at room temperature. Oregon State University Extension advises refrigerating ordinary homemade herb oils and using them within four days, or freezing them for longer storage. This includes oils made with dried herbs. [26]

To make an oil that keeps safely on a shelf, you need a tested method that acidifies the ingredients exactly. Adding vinegar alone isn’t enough. For a simple home batch, refrigerate or freeze it. [26]



05

Growing through winter

A sunny place and a plan for cold weather

Rosemary and thyme both enjoy sun and well-drained soil, but they do not always need the same winter care. Common thyme usually tolerates more cold than rosemary. Where winters are harsh, a pot lets you bring rosemary indoors while leaving an established thyme plant in a suitable garden bed. [8, 9, 15]

Your local climate is the starting point.

The United States Department of Agriculture (USDA) Plant Hardiness Zone Map groups places by their average coldest winter temperature. It helps you judge whether a perennial is likely to survive outdoors from year to year. It does not measure every growing condition, such as summer heat, heavy rain, or drainage. [14]

North Carolina State University Extension lists rosemary for zones 8a-10b and common thyme for zones 5a-9b. These ranges are useful starting points. Your plant's variety and its spot in the garden still matter. [8, 9]

If you live in a mild climate, you might be able to keep both herbs outdoors in winter. In colder areas, rosemary may need shelter before thyme does. Your local Extension service can help you pick a variety that fits your region.

A movable home for rosemary

If you expect to bring rosemary indoors, start it in a pot to make the move easier. Choose a container with drainage holes, and keep it in a sunny outdoor spot during the growing season. Bring it inside before the first frost rather than digging up an established plant at the last minute. [15, 16]

Before cold weather arrives, it helps to have a suitable winter spot and to check that the pot is comfortable to lift and carry.

Some rosemary varieties handle more cold than others. Illinois Extension describes 'Arp' as one of the hardier choices, possibly surviving into zone 6 under suitable conditions. That makes it worth asking about locally, though it doesn't guarantee success in every garden. [16]

A brighter winter indoors

Choose a cool, sunny place for indoor rosemary. University of Maryland Extension suggests a south- or west-facing window with at least five hours of sun for indoor herbs. When winter light is weak, a grow light can help; the guidance suggests 14-16 hours of supplemental light each day. [5]

Indoor rosemary can dry out, but watering more often is not always the answer. Check the potting mix first. Water when needed, let the excess drain, and don't let the pot sit in water. Growth slows in winter, so the plant may use less water than it did outside. [5, 16]

Thyme's winter needs

Common thyme may stay outdoors where it is hardy, especially in a well-drained bed. However, a pot offers less cold protection than the surrounding ground, so container plants may need a sheltered spot or other protection. [9, 17]

Whether your herbs are indoors or outdoors, the goal is the same: give them enough light, well-drained roots, and shelter that fits your climate. With these basics, your plants can stay with you for more than one season.

06

The medicinal story

From garden companion to household remedy

Beyond the dinner table, rosemary and thyme have a long history in herbal medicine. Rosemary appears in traditions for digestive discomfort and aching limbs, while thyme is well known for remedies for chesty coughs. These uses connect familiar plants with the everyday wish to feel better and care for one another. [18, 19]

A sip of rosemary after a big meal

The aroma of rosemary rises from a warm cup after a hearty meal, a familiar kitchen scent with a place in the story of household care. European herbal practice has used rosemary leaf tea for indigestion and mild stomach cramps, and the European Medicines Agency (EMA) recognizes those uses for specified medicinal leaf preparations. [18]

A bath for aching limbs

Rosemary has a rich history in bath and body care. Herbal references describe leaf preparations added to bathwater for minor muscle and joint aches. The EMA includes this use, along with certain mild circulation problems in the limbs, in its traditional-use assessment. [18, 20]

A warm, fragrant bath offers a quiet pause after a long day. This tradition centers on comfort and care, with a rosemary preparation made for use in the bath.



Thyme when a cold brings a chesty cough

A cold can leave you with a mucus-producing cough. That is the kind of cough behind thyme's best-established medicinal tradition. The EMA recognizes preparations made from the leaves and flowers of *Thymus vulgaris* or *Thymus zygis* for this use. [19]

You can still find that tradition in labeled herbal medicines, including teas and extracts. Some cough products combine thyme with another herb. These products contain measured preparations, with a familiar aim: relief from a tiring cough.

Stories passed down, questions moving forward

A remedy can hold both practical knowledge and a family memory: what was prepared, who made it, and why people reached for it. Written records help preserve those details beyond one household.

Reported benefits and shared experience are part of the history of these remedies. The EMA recognizes specified herbal medicines on the basis of long, documented traditional use. Traditional experience and clinical trials offer different kinds of evidence: one records use over time, while the other tests a particular preparation under defined conditions. Both help shape the questions researchers explore. [18, 19, 20]

The next part of our notebook follows three of those questions: whether a thyme combination can ease coughing, whether a rosemary product can help with hair loss, and what rosemary may offer memory research.

07

What researchers are learning

Encouraging findings, with the details that make them useful

Old remedies give researchers a starting point. Studies can then ask more focused questions, such as which preparation helped, who used it, and what changed. These three examples show why researchers still study rosemary and thyme.

Thyme and ivy: fewer coughing fits

In a 2006 trial, 361 adults with acute bronchitis and a mucus-producing cough received either a prepared thyme-and-ivy syrup or a matching placebo. A placebo looks like the treatment but lacks the active ingredients. Participants were assigned by chance, and neither they nor the study team knew which syrup each person received during the trial. [28]

Both groups improved. By days seven to nine, coughing fits fell by about 69% on average in the herbal-syrup group and 48% in the placebo group. The herbal group reached a 50% drop in coughing fits about two days sooner. [28]

That's an encouraging result for the combination tested. Because the syrup contained both thyme and ivy, the study can't say how much each herb contributed. It gives us a useful finding about a specific medicine, not a recipe for homemade syrup. [28]

Rosemary and hair: a six-month study

Rosemary has appeared in hair-tonic traditions as well as in the kitchen. A 2015 trial explored that interest by comparing a rosemary-oil preparation with 2% minoxidil, a medicine used for pattern hair loss. Researchers assigned 100 participants to the two groups and followed them for six months. [20, 21]

Neither group had a significant rise in hair count at three months. By six months, both did. The study found no statistically significant difference in hair counts between the groups at that point. Scalp itching increased in both groups, though it was more frequent with minoxidil. [21]

The improvement suggests rosemary is worth more study. It doesn't prove the treatments work equally well, since the trial wasn't designed for that and there was no placebo group. The study also tested a prepared oil, not homemade rosemary water, and didn't examine all types of hair loss. [21]



07 / WHAT RESEARCHERS ARE LEARNING

Rosemary and memory: a promising small finding

Rosemary's link to remembrance has also raised questions about memory itself. In a 2012 study, 28 older adults took part in several test sessions with dried rosemary leaf powder or a placebo. Researchers checked their performance on computer-based tasks over the next few hours. [22]

The lowest dose improved one measure: memory speed, how quickly people could retrieve information during the tasks. The highest amount worsened that measure, and some other test results also worsened. The response was mixed, rather than a general boost to every part of memory. [22]

The positive result at the lower dose gives researchers a reason to keep looking. A small, short study like this can't tell us if the effect lasts or if rosemary prevents dementia. But it does show that the amount and preparation matter as much as the herb's name. [22]

Together, these studies offer encouraging findings and leave questions for further research. We can be hopeful about what these plants might do, while staying clear about what we know so far.

08

Preparations and a few useful care notes

Knowing what is in the cup, jar, or bottle

Infusion

An infusion is made by steeping plant material in water and usually straining it afterward. Herbal tea is a familiar example. The amount of herb, water, and steeping time helps determine the finished drink.

Extract

An extract is made by drawing substances from the plant into a liquid, such as water or ethanol (a type of alcohol). Some extracts remain liquid; others are concentrated or dried. A liquid extract is therefore not automatically the same as a cup of tea. [19]

Essential oil

An essential oil is a concentrated aromatic preparation. Rosemary essential oil is made by steam distillation: steam passes through plant material, and the released aromatic oil is collected. It is different from whole-leaf tea or a water-based infusion. [20]

Herb-infused oil

This is a cooking or carrier oil in which herbs have been steeped. Its use depends on the ingredients and how it was made. For homemade culinary herb oils, follow the refrigerator or freezer guidance in "Keeping the harvest." [26]

08 / PREPARATIONS AND A FEW USEFUL CARE NOTES

Care that matches how you use the herb

Seasoning a meal is different from using an herbal medicine. The following notes concern medicinal products and concentrated preparations, rather than ordinary amounts of rosemary or thyme in food.

Pregnancy, breastfeeding and children: medicinal rosemary leaf and thyme herb are not recommended during pregnancy or breastfeeding because safety information is limited. Medicinal rosemary leaf is not recommended for children under 12. Thyme products have different age limits, so check the particular product. [18, 23]

Existing conditions and allergies: Do not use medicinal rosemary leaf if you have bile-duct blockage, gallbladder inflammation, gallstones, or liver disease. Avoid an herb you are allergic to; thyme medicines are also unsuitable if you are allergic to related mint-family plants. Thyme medicines can cause stomach upset. [18, 19]

Baths and skin products: follow the product directions. Avoid rosemary preparations on broken or irritated skin. Hot, full baths are unsuitable with some conditions, including heart failure or serious circulation problems; seek individual advice if these apply to you. [18, 20]

Essential oils: use a properly formulated product as directed. Do not swallow aromatherapy oil or put undiluted essential oil directly on your skin. A bottle of concentrated oil does not replace leaves in a tea or food recipe. [20]

Ongoing symptoms: get medical advice for a cough with fever, or one that worsens or lasts more than a week while using a thyme medicine. Breathing difficulty needs prompt care. If you take regular medicines, a pharmacist can help check the actual herbal product alongside them. [19, 23]

ROSEMARY AND THYME AT A GLANCE

Rosemary

Botanical name: *Salvia rosmarinus*; older name *Rosmarinus officinalis*.

Kitchen character: bold, pine-like and resinous.

Outdoor range listed by North Carolina State University Extension: USDA zones 8a-10b.

Winter approach: In colder climates, move a pot indoors before frost.

Medicinal tradition: leaf preparations for indigestion and mild digestive cramps; leaf baths for minor muscle and joint aches. [3, 8, 15, 16, 18]

Common thyme

Botanical name: *Thymus vulgaris*.

Kitchen character: earthy, peppery, and slightly sweet.

Outdoor range listed by North Carolina State University Extension: USDA zones 5a-9b.

Winter approach: check local hardiness and drainage; exposed pots may need protection.

Medicinal tradition: specified leaf-and-flower preparations for a mucus-producing cough with a cold. [4, 9, 17, 19, 27]

09

Holidays and Events This Month

Early to mid-November: Taurid meteor showers

The annual Taurid showers bring slow-moving meteors and occasional bright streaks to November's night sky. The Southern branch is expected to reach its main peak around November 5, followed by the Northern branch around November 12. [29]

November 16: International Day for Tolerance

The United Nations Educational, Scientific and Cultural Organization (UNESCO) adopted its Declaration of Principles on Tolerance in 1995. The United Nations proclaimed the annual observance in 1996. [11]

November 17–18: Leonid meteor shower

The annual Leonids return with fast, bright meteors that can leave delicate trails of light. Peak activity is expected around November 17–18 in 2026, as Earth passes through debris from Comet Tempel-Tuttle. [29, 30]

November 20: World Children's Day

The United Nations Children's Fund (UNICEF) marks this day in support of children's rights and well-being. The date recalls the 1959 Declaration of the Rights of the Child and the 1989 Convention on the Rights of the Child. [12]

November 26, 2026: U.S. Thanksgiving Day

Thanksgiving falls on Thursday, November 26, in the 2026 federal holiday calendar. Rosemary and thyme may appear in the meal, whether in roasted vegetables, bread, or a favorite family dish. [13]

Hidden in the herb garden

Find ROSEMARY, THYME, LEAF, STEM, SEED, and GARDEN. Words run from left to right or from top to bottom. The answer key follows the sources.

M E Y G Y S L K H M S X
J A R O S E M A R Y K Y
A N D F F F G O A X U T
B G O C X C T Y W T A L
I D M G B K U J C H D Q
R A X A M T B Y D Y B F
S F A R P T Q H F M G L
T S X D R C V R P E L D
E F L E A F S E A P N H
M D I N L K X H B I F A
R A H S Z K C S E E D U
D I W C Z L T D E S X T

Enjoying provisions

A little thyme in the soup and rosemary beside the window bring something fresh and fragrant to enjoy as the seasons change.

10

Sources and further reading

The numbers in the text point to the sources below. Botanical references identify plants; gardening and food-preservation sources offer practical guidance; historical accounts describe earlier uses; and research papers report findings from specific studies.

Entries 1, 2, and 6 offer further reading on these herbs and growing them in containers. The remaining entries support the numbered notes throughout this issue.

[1] The Herb Notebook. Rosemary leaf.
https://theherbnotebook.com/journal/entry-014/
Additional reading: the site's rosemary entry.

[2] The Herb Notebook. Thyme.
https://theherbnotebook.com/journal/entry-097/
Additional reading: the site's thyme entry.

[3] Royal Botanic Gardens, Kew. *Salvia rosmarinus* Spenn. Plants of the World Online.
https://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:457138-1
Accepted name, older names, and native range.

[4] Royal Botanic Gardens, Kew. *Thymus vulgaris* L. Plants of the World Online.
https://powo.science.kew.org/taxon/461765-1
Accepted name, plant family, and native range.

[5] University of Maryland Extension. Growing Herbs in Containers and Indoors. Updated March 4, 2024.
https://extension.umd.edu/resource/growing-herbs-containers-and-indoors
Indoor light, containers, and watering.

[6] Royal Horticultural Society. Grow Your Own Mediterranean Herbs in a Pot.
https://www.rhs.org.uk/advice/grow-your-own/containers/veg-on-walls/june-edible-container-idea
Additional reading: a container garden with Mediterranean herbs.

[7] University of Minnesota. Herbs. Real Life, Good Food.
https://reallifegoodfood.umn.edu/vegetables/herbs
Food pairings, handling, and storage.

[8] North Carolina State University Extension. *Salvia rosmarinus*. Extension Gardener Plant Toolbox.
https://plants.ces.ncsu.edu/plants/salvia-rosmarinus/
Rosemary's leaves, flowers, growth habit, and hardiness range.

[9] North Carolina State University Extension. *Thymus vulgaris*. Extension Gardener Plant Toolbox.
https://plants.ces.ncsu.edu/plants/thymus-vulgaris/
Common thyme's growth habit, flowers, pollinators, and hardiness range.

10

Sources and Further Reading

[10] The Metropolitan Museum of Art. The Virtues of Rosemary. The Medieval Garden Enclosed, February 10, 2012.
https://blog.metmuseum.org/cloistersgardens/2012/02/10/the-virtues-of-rosemary/
Garden history and rosemary's association with remembrance.

[11] United Nations Educational, Scientific and Cultural Organization. International Day for Tolerance.
https://www.unesco.org/en/days/tolerance
November 16 and the history of the observance.

[12] United Nations Children's Fund. World Children's Day.
https://www.unicef.org/take-action/campaigns/world-childrens-day
November 20 and children's rights.

[13] U.S. Office of Personnel Management. Federal Holidays, 2026.
https://www.opm.gov/policy-data-oversight/pay-leave/federal-holidays/#url=2026
Thanksgiving Day: November 26, 2026.

[14] United States Department of Agriculture. Plant Hardiness Zone Map.
https://planthardiness.ars.usda.gov/
Zone definitions and location lookup.

[15] Susan Mahr. Rosemary, *Salvia rosmarinus*. University of Wisconsin-Madison Division of Extension. Revised June 2026.
https://hort.extension.wisc.edu/articles/rosemary-rosemarinus-officinalis/
Rosemary cultivation, containers and winter care.

[16] University of Illinois Extension. Rosemary. Herb Gardening.
https://extension.illinois.edu/herbs/rosemary
Growing, indoor care, varieties and culinary use.

[17] Ask Extension. Overwintering containers.
https://ask.extension.org/kb/faq.php?id=721081
Winter protection for exposed container roots.

[18] European Medicines Agency. Rosmarini folium: rosemary leaf. Public assessment summary, published March 12, 2026.
https://www.ema.europa.eu/en/medicines/herbal/rosmarini-folium
Traditional medicinal uses and product precautions.

[19] European Medicines Agency. Thymi herba: thyme herb. Public summary, October 14, 2016.
https://www.ema.europa.eu/en/medicines/herbal/thymi-herba
Specified thyme preparations and their traditional use for chesty coughs.

10

Sources and Further Reading

[20] European Medicines Agency, Committee on Herbal Medicinal Products. Assessment Report on *Rosmarinus officinalis* L., aetheroleum and folium. Revision 1, adopted May 29, 2024.

https://www.ema.europa.eu/en/documents/herbal-report/final-assessment-report-rosmarinus-officinalis-l-aetheroleum-rosmarinus-officinalis-l-folium-revision-1_en.pdf

Historical uses, preparation details, and medicinal safety information.

[21] Panahi Y, Taghizadeh M, Marzony ET, Sahebkar A. Rosemary oil vs minoxidil 2% for the treatment of androgenetic alopecia: a randomized comparative trial. Skinmed. 2015;13(1):15-21.

https://pubmed.ncbi.nlm.nih.gov/25842469/

A six-month comparison in 100 participants with pattern hair loss.

[22] Pengelly A and colleagues. Short-term study on the effects of rosemary on cognitive function in an elderly population. Journal of Medicinal Food. 2012;15(1):10-17.

https://pubmed.ncbi.nlm.nih.gov/21877951/

Short-term testing of dried rosemary leaf powder in 28 older adults.

[23] European Medicines Agency. Community Herbal Monograph on *Thymus vulgaris* L. and *Thymus zygis* L., herba. November 12, 2013.

https://www.ema.europa.eu/en/documents/herbal-monograph/final-community-herbal-monograph-thymus-vulgaris-l-and-thymus-zygis-l-herba_en.pdf

Preparation-specific use, age limits, and precautions.

[24] Deirdre Larkin. Thyme, Wild and Tame. The Metropolitan Museum of Art, The Medieval Garden Enclosed. October 4, 2012.

https://blog.metmuseum.org/cloistersgardens/2012/10/04/thyme-wild-and-tame/

Historical thyme names and the challenge of matching them to species.

[25] National Center for Home Food Preservation. Herbs. From So Easy to Preserve, 6th edition, 2014; revised by Elizabeth L. Andress and Judy A. Harrison.

https://nchfp.uga.edu/how/dry/drying-general/herbs/

Drying herbs, storage and fresh-to-dried substitutions.

[26] Carolyn Raab and Margy Woodburn. Herbs and Vegetables in Oil. Oregon State University Extension, SP 50-701. Revised January 2025.

https://extension.oregonstate.edu/catalog/pub/sp-50-701-herbs-vegetables-oil

Safe storage of homemade flavored oils.

[27] Royal Horticultural Society Advice Team. How to Grow Thyme.

https://www.rhs.org.uk/herbs/thyme/grow-your-own

Varieties, flavor, growing, and harvest.

10

Sources and Further Reading

[28] Kemmerich B, Eberhardt R, Stammer H. Efficacy and tolerability of a fluid extract combination of thyme herb and ivy leaves and matched placebo in adults suffering from acute bronchitis with productive cough. A prospective, double-blind, placebo-controlled clinical trial. Arzneimittelforschung. 2006;56(9):652-660.

https://pubmed.ncbi.nlm.nih.gov/17063641/

An 11-day trial of a specified thyme-and-ivy syrup in 361 adults.

[29] International Meteor Organization. 2026 Meteor Shower Calendar. Edited by Jürgen Rendtel.

https://www.imo.net/files/meteor-shower/cal2026.pdf

Taurid and Leonid activity and expected peak dates; pages 14, 17–18.

[30] Royal Observatory Greenwich. Meteor Shower Calendar 2026.

https://www.rmg.co.uk/stories/space-astronomy/meteor-shower-guide-2026

Leonid timing and the appearance of November's meteor showers.

Word Search Answers

Count rows from the top and columns from the left.

ROSEMARY: row 2, columns 3-10.
THYME: column 10, rows 4-8.
LEAF: row 9, columns 3-6.
STEM: column 1, rows 7-10.
SEED: row 11, columns 8-11.
GARDEN: column 4, rows 5-10.

ABOUT THIS EDITION

The Herb Notebook • Proposed November 2026 issue

Revised October 26, 2026

AI-assisted educational text; independent clinical review has not been completed.

