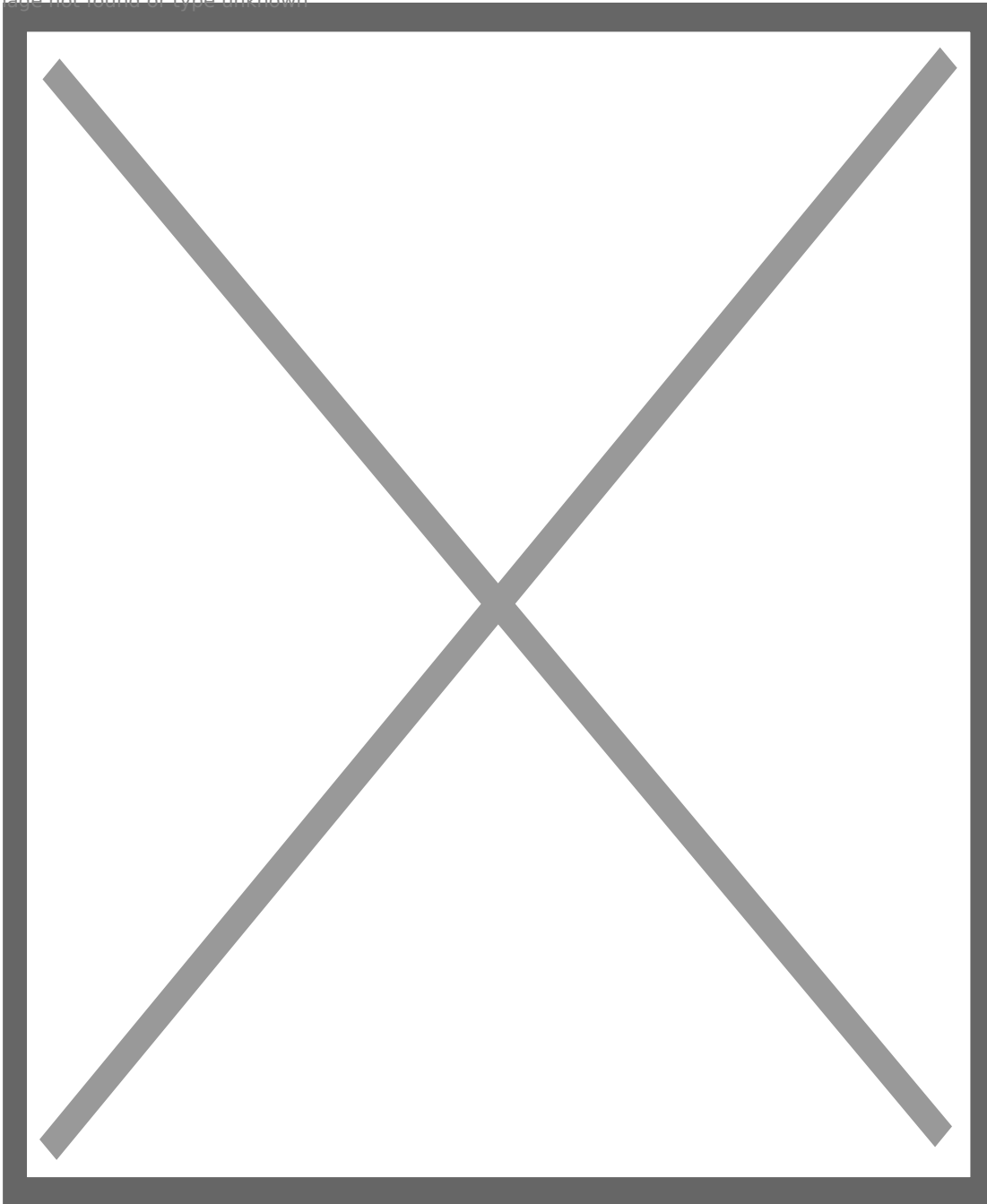


Episode 223 - Cicero's On Ends - Book Two - Part 29 - Are Epicureans Undertaking The Exertions Of Life For Nothing More Than A Drop Of Honey?

Post by "Cassius" of April 12, 2024 at 4:25 PM

Sounds like "Honey from Hymettus" is Thyme:

Image not found or type unknown



[Thyme Honey - Honey Traveler](#)

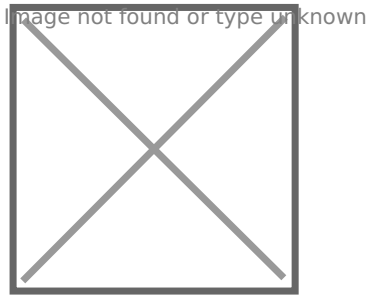
Wild Thyme (T. Capitatus) Thyme honey is produced from many species of Thyme (Thymus spp.). But of the 350 different species or so, the notable honey producing...

www.honeytraveler.com

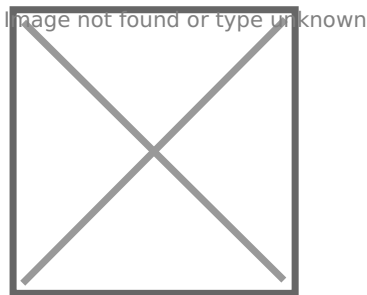
Known historically as [Hymettus Honey](#) from Attica near Mt. Hymettus Greece and [Hyblaeon Honey](#) from the Iblei (Hyblaeon) Mountains of Sicily, it is still produced in both countries today. Sardinia & Corsica produce a unique version of [honey from caraway thyme](#). Found in many countries around the Mediterranean (Southern Europe, Malta, Croatia, N. Africa), thyme has

<http://www.epicureanfriends.com/thread/3798-episode-223-cicero-s-on-ends-book-two-part-29-are-epicureans-undertaking-the-exe/?postID=29991#post29991>

spread to similar climates around the world, including the northeastern United States Berkshire and Catskill mountains (*T. Serpyllum*) and [New Zealand](#).



Garden Thyme (*T. Vulgaris*)



Mother-of-Thyme (*T. Serpyllum*)

Renowned for its aroma and flavor, it is produced between the second half of June and the first half of July. The color of Thyme honey is light amber to amber when liquid, beige to brown when it is crystallized. It is a very strong, intensely aromatic honey with resinous, herbal, savory flavors; fresh and reminiscent of tropical fruits, dates and white pepper. The taste is persistent, lingering in the mouth. Crystallizes spontaneously in a short time into medium or fine grains.

Its intense and complex aroma has been described as; floral, spicy, dried flowers, magnolia flowers, cedar, herbs, flowers, rubbed, clove, burnt plastic, pencil drawing, mulled wine, and Marsala. The flavor has been described as: salty, thymol, pharmacy, plastic, pencil, dates and pepper.

Roman author, naturalist and philosopher, Pliny the Elder, wrote in his *Naturalis Historia* published circa AD 77-79. "...The honey which cometh of Thyme, is held to be the best and most profitable: in color like gold, in taste right pleasant..."