Thyme Za'atar

BY MAIA TOLL

Za'atar is a spice blend commonly used in Middle Eastern cuisine and a delicious way to include fresh thyme in your meals. Use it on everything: salad, hummus, eggs, with olive oil on bread… so many tasty possibilities!

ingredients

- 1 tbsp minced fresh thyme
- 1 tbsp toasted sesame seeds
- 1 tsp sumac*
- coarse salt to taste

* You can purchase sumac as a spice. It's grown in areas of the Mediterranean and has a rusty brown color. Note that white sumac berries are poisonous! If you are having trouble finding sumac, replace it with lemon zest. Alternately, if you're making za'atar for immediate use, you can use wood sorrel instead of sumac for a fresh lemony taste.

directions

1. Mix the ingredients together.
2. Get creative! Add minced oregano, marjoram, or even hyssop to your Za'atar. It's also delicious with a sprinkle of dried garlic.

Yield: About 3 tbsp

Shelf life or other tips:

- Put in an air tight container and store in a cool, dark cupboard.
- If you use lemon zest, store in the freezer.
- If you use wood sorrel, store in the refrigerator and use within 3 days.

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MAIA TOLL

Maia is the author of the best-selling and award-winning *Wild Wisdom Series* including *The Illustrated Herbiary, The Illustrated Bestiary, The Illustrated Crystallary,* and *The Wild Wisdom Companion*. The seed for this series was planted when Maia apprenticed with a traditional healer in Ireland where she spent extensive time studying the growing cycles of plants, the alchemy of medicine making, and the psycho-spiritual aspects of healing. Maia's books build on this foundation, eloquently translating patterns and metaphors from the natural world to help modern seekers understand and grow within their own lives. She also owns an herb shop called Herbiary, with locations in Asheville, Philadelphia, and online.

Find more from Maia at her website, maiatoll.com, where you can sign up for her email list to hear all her news. You can also find Maia on Instagram and Facebook.