

ANOTHER HERB HERBERT FAVOURITE HERBS FACT SHEET

Sage

Salvia officinalis (common sage)

A genus of some 900 species of mostly aromatic annuals, biennials, perennials, and mainly evergreen shrubs and sub-shrubs, which, with the exception of only a few, are mostly tender or half hardy. They occur worldwide, especially in warmer temperate regions, favoring dry, sunny hillsides, and open ground.

Sages are rich in volatile oils, which vary from species to species, producing a wide range of aromas.

Salvia officinalis (common sage) is a shrubby evergreen perennial with much-branched stems and wrinkled velvety, gray-green leaves about 2in (5cm) long. Spikes of violet to purple-pink, or white flowers, 1/2in (1cm) long, appear in summer. *Salvia officinalis* 'Berggarten'. Perennial cultivar with large leaves, which rarely blooms, extending the useful life of the leaves height 15-18 spacing 20 apart, dry-average soil, light purple flowers used as a border, great in containers, drought tolerant, use in meat dishes, soups, stuffing, sausage, aids in digestion attracts butterflies deer resistant.

PARTS USED

Leaves, oil, flowers

PROPERTIES

An astringent, anti-septic, anti-inflammatory herb, which relaxes spasms, suppresses perspiration and lactation, improves liver function and digestion, and has anti depressant and estrogenic effects.

USES OF THE HERB

Culinary

Leaves are made into tea, Sage Derby cheese, sausages, eels, and stuffings for goose and pork (northern Europe). Flowers are edible.

Medicinal

Internally for indigestion, wind liver complaints, excessive lactation, night sweats, depression, female sterility. Toxic in excess or over long periods.

CULTIVATION

Well drained to dry, neutral to alkaline soil in sun. Propagate by seed sown in spring to autumn. If grown under cover pinch out new growth to encourage a compact habit. Pests: Spider Mite, Aphids and White Fly.

HARVEST

Leaves are picked for immediate use, or before flowers open for oil distillation and drying; dried leaves are used in infusions, liquid extracts, and tinctures.



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Height 60-80cm/24-32in
x Spread 1m/3ft