

ANOTHER  
**HERB HERBERT FAVOURITE HERBS**  
FACT SHEET

# Sage Pineapple

*Salvia elegans 'scarlet pineapple'*



Any enquiries can be directed to:  
HERB HERBERT P/L  
PO Box 24 Monbulk  
Victoria 3793 AUSTRALIA  
E-mail: herb@herbherbert.com

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 elegans* (S. rutilans) 'Scarlet Pineapple' is an evergreen perennial, downy sub-shrub with bright green, ovate, pointed leaves up to 3 1/2in (9cm) long, which have a pineapple-like scent. Spikes of slender red to pink flowers appear in winter.



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H and S 30in (1m)

## PARTS USED

Leaves and flowers

## PROPERTIES

An aromatic herb with a pineapple scent.

## USES OF THE HERB

### Culinary

Sprigs are added to cold drinks and fruit salads. Fresh leaves may be placed under sponge cake mixtures to give

a subtle scent, and fresh or dried leaves give a sage-like aroma to pork dishes. The delicious flowers are made into fritters.

## GROWTH

Well-drained to dry, neutral to alkaline soil in sun. Propagate by softwood cuttings in early spring to summer. S. rutilans requires a minimum of 5 degree C.

## 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.

