

ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

Sage Purple *Salvia officinalis 'Purpurascens'*



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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, favouring dry, sunny hillsides, and open ground.

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

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.

DESCRIPTION

Salvia officinalis 'Purpurascens' is a shrubby evergreen perennial with much-branched stems and broad velvety, plumy-purple coloured leaves and pink flowers.

PARTS USED

Leaves, oil, flowers

PROPERTIES

An astringent, anti-septic, anti-inflammatory herb.

USES OF THE HERB

Culinary

Leaves can be used the same as common sage. Use in casseroles, sauces, stews and stuffings. Great with veal

Medicinal

Internally for indigestion, wind and to reduce sweating. An infusion of sage makes a good gargle for sore throats

Ornamental

The Plum coloured leaves make Purple Sage an attractive addition in the garden as a border plant. Suitable for planting in containers.

Economic

Oil is used as a fixative for perfumes and added to toothpaste and bio-activating cosmetics.

CULTIVATION

Well drained to dry, neutral to alkaline soil in sun. Propagate by seed sown in spring to autumn. If grown



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

