

ANOTHER  
**HERB HERBERT FAVOURITE HERBS**  
FACT SHEET

# Sage Variegated

*Salvia officinalis 'Icterina'*



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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.

## DESCRIPTION

*Salvia officinalis* 'Icterina', also known as Golden Sage is a hardy, shrubby, evergreen perennial with much-branched stems and broad velvety, green leaves with gold margins.

## 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 golden leaves make Variegated 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 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.

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

