



SAGE

Salvia officinalis (SAL-vee-uh oh-fiss-ih-NAH-liss)

ANNUAL/PERENNIAL | LAMIACEAE FAMILY

ZONES: ZONES 5B-10

EXPOSURE: FULL SUN/PARTIAL SHADE

MATURE HEIGHT: 1-3 FT | SPREAD 1-3 FT

BLOOM: BLUE | SUMMER



Medicinal



Culinary



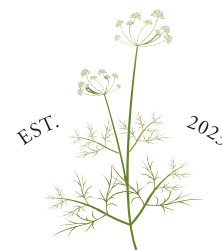
Pollinators



Aroma



Resistant



HERB & VINE

— healing plants —

Sage, also known as common sage or garden sage, is a perennial that grows to a height of 3 feet with blue-violet blooms in summer. Sage was used medicinally by ancient societies to increase fertility, stop bleeding, heal minor skin wounds, treat hoarseness or cough, and improve memory function.

- This drought tolerant herb thrives with heat, light and well-draining soil.
- Therapeutic*: Sage is used for digestive problems, including loss of appetite, gas, stomach pain, diarrhea, bloating, and heartburn. Also reduces overproduction of perspiration and saliva; and for depression, memory loss, and Alzheimer's disease.
- Culinary: savory leaves can be used fresh or dried for seasoning and teas, and the flowers are edible.

Cautions: Don't use medicinally if pregnant, breastfeeding or allergic to members of the daisy family.



*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.



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