



WHITE SAGE

Salvia apiana (SAL-vee-uh a-PEE-an-a)

TENDER PERENNIAL | LAMIACEAE FAMILY

ZONES: 7-12

EXPOSURE: FULL SUN

MATURE HEIGHT: 3-4 FT | SPREAD 3-8 FT

BLOOM: LAVENDAR | MAY-JUNE



Medicinal



Culinary



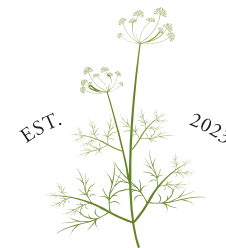
Pollinators



Aroma



Container



HERB & VINE

— healing plants —

Also known as 'Bee Sage' this evergreen perennial shrub is native to the Southwestern U.S. so it does not tolerate humid or wet conditions. Its leaves can be harvested in summer or fall.

- Culinary: shares a similar taste to its relative, Garden or Common Sage, it's used for meats, stews, breads and more.
- Therapeutic*: anti-inflammatory, pain reliever (tea, mouthwash), antispasmodic for stomach issues and calms nausea, vomiting, diarrhea. Anthelmintic, antibiotic, antiseptic, speeds healing and stimulates nervous system.
- This ceremonial herb is used by Native Americans for healing, cleansing and purification rituals. As an incense or cleansing stick, its aromatic smoke is used to purify areas, objects and people of evil spirits and negative energy.

Caution: do not use if pregnant or internally in large quantities.



**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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