



# CLARY SAGE

*Salvia sclarea* (SAL-vee-ah sklah-RAY-ah)

BIENNIAL | LAMIACEAE FAMILY

ZONES: 5-9

EXPOSURE: FULL SUN

MATURE HEIGHT: 36"-48" | SPREAD 18"-24"

BLOOM: PURPLE | EARLY SUMMER



Medicinal



Culinary



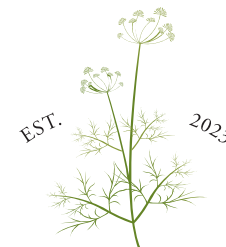
Aroma



Pollinators



Resistant



HERB & VINE

— healing plants —

Growing up to three feet tall, Clary Sage is a drought-tolerant addition to gardens and pathways. Its name comes from the Latin word claurus, for 'clear'. Its also called Clear Eye as the seeds were once used to reduce eye inflammation.

- Culinary: use leaves in salads; use the tops in soups, jellies and omelets for a sweet fragrant flavor.
- Therapeutic\*: anti-bacterial, antispasmodic, antioxidant, anti-inflammatory, astringent, carminative, digestive, vulnerary.
- Infuse a teaspoon of dried leaves and flowers per cup of water and take after meals as a digestive, liver protectant and for colds and cough. The essential oil is used as an antidepressant and for combating stress. It was once used as an aphrodisiac.

Caution: consult a doctor if you're pregnant or breast-feeding.



*\*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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