PLANT FACT SHEET

Salvia officinalis subsp. lavandulifolia (Vahl) Gams

GENUS *Salvia* **FAMILY** Lamiaceae

COMMON NAMES Narrow Leaf Sage, Lavender sage, Spanish sage

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers - tea

The leaves produce an essential oil used to flavour ice cream, baked goods, chewing gum, soft drinks and alcoholic drinks. Caution: Alcohol is a cause of cancer.
The flowering aerial parts are used for a herbal tea.

DESCRIPTION

A small herb. The shoots are slightly woody at the base. It grows 45 cm high and spreads 45 cm wide. The leaves are narrow and greyish white. They have a scent. The flowers are pale blue and on short spikes.

HABITAT

It is a Mediterranean climate plant. It grows in rocky and stony places. It suits hardiness zones 6-10.

NOTES

There are about 900 Salvia species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/045480b9-24cb-4f3f-9f1e-9e46175b387e