PLANT FACT SHEET

Salvia hians Royle ex Benth.

GENUS *Salvia* **FAMILY** Lamiaceae

COMMON NAMES Aaibe, Ajihe, Amane, Ape

EDIBLE PARTS AND USES

Edible parts: Pith stem, Flowers, Seeds

The pith of the tender stem is pickled. It has a sweet taste and is eaten especially by children.
The flowers are chewed and have a sweet taste. They are also sucked for their nectar.
The roasted seeds are edible.

DESCRIPTION

A herb which keeps growing from year to year. It grows to about 1 m high. It is hairy. The leaves have long stalks. Leaves are 3.5-11.5 cm long by 2-9 cm wide. They are oval to heart shaped. They have teeth along the edge. The flowers are blue. They are 3.5 cm long and in 2 or 3 distinct rings.

HABITAT

It is a warm temperate plant. In Nepal it grows between 2600-4100 m altitude. It grows in open places at the edge of the forest. It suits hardiness zones 7-11.

PRODUCTION

Cultivation

Plants are grown from seed.

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