PLANT FACT SHEET

Salvia viridis L.

GENUS *Salvia* **FAMILY** Lamiaceae

COMMON NAMES Clary, Annual clary, Bluebeard

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Leaves - tea

The leaves have been added to salads, soups and used as cooked greens. They are used as a sage and as a potherb.
The seeds are eaten fried with honey. They are also used as a condiment.
The seeds are the source of an essential oil used for flavouring wines and beers.

DESCRIPTION

An annual herb. It grows 45-50 cm high and 20-25 cm wide. The leaves are pale green and oval or oblong. They have a rounded or heart-shaped base. They have long stalks and fine teeth. The flowers are surrounded by bracts 4 cm long that are pink, purple or white with darker veins.

HABITAT

It suits warm temperate places. It is frost hardy. It grows in dry habitats and grassy places. It suits hardiness zones 8-10.

NOTES

There are about 900 Salvia species.

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