PLANT FACT SHEET

Phlomis fruticosa L.

GENUS *Phlomis* **FAMILY** Lamiaceae

COMMON NAMES Jerusalem sage

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers - nectar, Leaves - flavouring

The leaves are used to give an aroma to meat. They are also browned in butter and used for a pasta seasoning. The flowers have a sweet nectar that is sucked.

DESCRIPTION

An evergreen shrub. It grows 25 cm to 1.3 m tall. The leaves at the base have leaf stalks and those higher on the stem do not. The leaves are oval and have an uneven surface. The flowers are in spikes with 10-15 flowers in layers/ They are orange.

HABITAT

It is a temperate plant. It grows on dry cliffs and rocky places up to 1,000 m in the Mediterranean. It needs a well-drained soil and can grow in a nutritionally poor soil. It needs to be in a sunny position. It can tolerate drought. It suits hardiness zone 7.

PRODUCTION

Cultivation

It can be grown as a low hedge. Plants can be grown from seeds. They can also be grown by cuttings or using layering.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/38ac3fb7-8a88-44f2-b649-2cb09b8707d0