PLANT FACT SHEET

Salvia tiliifolia Vahl

GENUS *Salvia* **FAMILY** Lamiaceae

COMMON NAMES Lindenleaf Sage

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are used for drink. They are roasted and ground and added to water.

DESCRIPTION

An annual herb. It is much branched. It grows 120 cm high. The leaves are broad and oval. They are 10 cm long. They are scalloped or have teeth. The flowers are white, blue or lilac. They are in interrupted spikes 25 cm long.

HABITAT

It is a subtropical plant. It suits hardiness zone 10.

NOTES

There are about 900 Salvia species.
The seeds are nutritious.

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/397bed55-b720-429f-9c4a-56ba24c05d21