PLANT FACT SHEET

Salvia verbenaca L.

GENUS *Salvia* **FAMILY** Lamiaceae

COMMON NAMES Wild English Clary, Meadow sage

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The leaves are used for salads and soups. They are also fried, candied and cooked in omelettes.
The flowers are used to flavour salads.

DESCRIPTION

An erect herb. It keeps growing from year to year. It has a stout taproot. It grows 60-100 cm high. The leaves are oval and 10 cm long. The edges are wavy. The flowers are blue-violet. There are 6 almost in a ring. The outer ring of flower parts is tinged with purple and covered with hairs. The petals have an upper part with 2 lobes and a lower part with 3 lobes.

HABITAT

It is a temperate plant. It will grow in most soils and positions. It is resistant to frost and sensitive to drought. In Argentina it grows from sea level to 2,500 m above sea level. It suits hardiness zone 5-10. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 900 Salvia species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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