PLANT FACT SHEET

Salvia columbariae Benth.

GENUS *Salvia* **FAMILY** Lamiaceae

COMMON NAMES California chia, Golden chia

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds

Seeds used for chia drink.
They are also used as a grain. They are roasted, ground into meal for baking for flat bread and porridge.
The seeds are soaked in water then added to pancakes, waffles, biscuits and cakes.
The leaves are occasionally used as a sage-like seasoning.
The dried seeds heads can be brewed into a tea.
Sprouted seeds can be used in salads and sandwiches.

DESCRIPTION

A herb which can grow each year from seed or keep growing from year to year. It grows 50-60 cm high. The flowers are blue. The leaves are hairy or woolly. The leaves are 10 cm long and divided into leaflets along the stalk. It produces pods full of tiny seeds.

HABITAT

It is a tropical and warm temperate plant. It needs well drained soil. It needs a sunny position. It suits hardiness zone 7.

PRODUCTION

Cultivation

Plants are grown from seeds.

NOTES

There are about 900 Salvia species.

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