PLANT FACT SHEET

Salvia lavandulifolia Vahl.

GENUS *Salvia* **FAMILY** Lamiaceae

COMMON NAMES Spanish sage

EDIBLE PARTS AND USES

Edible parts: Seeds, Flowers

The leaves are used for flavouring. Dried leaves are used for herbal tea.

DESCRIPTION

A shrub. It keeps growing from year to year. It grows 30 cm tall and 50 cm wide.

HABITAT

It is a temperate to Mediterranean climate plant.

REFERENCES

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 21

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/88d53f6e-4472-4a8c-a4bb-6764c0787002