PLANT FACT SHEET

Salvia hispanica L.

GENUS *Salvia* **FAMILY** Lamiaceae

COMMON NAMES Chia, Mexican chia

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Seeds - oil

The seeds are used to make a drink. They are soaked in water then lemon juice and cinnamon added.
Chia leaves can be used to add flavour to poultry and meats.
The sprouted seeds can be sprinkled on salads to give peppery taste. They are sprouted on a porous material to remove the slimy mucilage.
The seeds can be prepared as a porridge. The ground seeds are used for bread, biscuits, muffins and cakes.
The seeds yield an edible oil.

DESCRIPTION

A small herb. Plants grow up to 1 m tall. It grows each year from seed. The leaves are opposite and 5-8 cm long and 3-5 cm wide. There are notches along the edges. The flowers are small and blue. They are in a spike at the top.

HABITAT

A tropical plant. They need well drained soil. It can grow in arid conditions. It needs a temperature between 14° and 20 °C. It suits hardiness zone 9.

PRODUCTION

Cultivation

The plants are grown from seed.

Harvesting and Seed Production

Plants are very fast growing.

NOTES

There are about 900 Salvia species.
Seeds are rich in omega-3 fatty acids.

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