PLANT FACT SHEET

Salvia nubicola Wall. ex Sweet

GENUS *Salvia* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves

Roasted seeds are pickled.
The leaves are cooked.

DESCRIPTION

A herb. It grows about 75 cm high. It has sticky hairs. The leaves have stalks. The leaves are 1.5-11.5 cm long by 1.3-6 cm wide. They are oval and taper to the tip. They have teeth around the edge and the base joins at right angles to the leaf stalk. The leaf bases are long and tapering. The flowers are yellow and in large spreading clusters. The nutlets are about 3 mm across.

HABITAT

It is a temperate plant. In Nepal it grows between 2100-3600 m altitude. They grow in open, rocky places.

PRODUCTION

Cultivation

Plants are grown from seed.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9577b958-e75c-4621-b63f-627888d7792e