PLANT FACT SHEET

Salvia reflexa Hornem.

GENUS *Salvia* **FAMILY** Lamiaceae

COMMON NAMES Mintweed, Lanceleaf sage, White chia

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are used to make a drink.

DESCRIPTION

An annual herb. It grows 60-100 cm high. It is erect and branched. The stems are square. The leaves are 5 cm long and narrowly sword shaped. The flowers are lilac or blue. They are 7-8 mm long. The fruit is a nut. It is cream to brown. It is about 2 mm long.

HABITAT

It is a temperate plant. In Argentina it grows from sea level to 1,000 m above sea level. It suits hardiness zones 4-9.

NOTES

There are about 900 Salvia species.

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b3ce3576-b4de-4424-b18a-8afb6566fe4a