PLANT FACT SHEET

Salvia multicaulis Vahl

GENUS *Salvia* **FAMILY** Lamiaceae

COMMON NAMES Bardagawsh, Many-stemmed sage

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers

The leaves are boiled with water and sugar to make a tea like drink.

DESCRIPTION

A herb or small shrub. It is low growing and keeps growing from year to year. It forms mats 90 cm wide. It has erect woody stems. It grows 15 cm tall but the flowering stems can be 30-45 cm tall. The leaves are oval and grey-green and 3 cm long by 2 cm wide. They have white hairs underneath. There is a ring or 4-10 small violet flowers with reddish-brown bracts.

HABITAT

It is a Mediterranean climate plant.

NOTES

It has antioxidant and antimicrobial activity.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d4aa8ff8-50d0-4732-8a01-9fe95572f918