PLANT FACT SHEET

Salvia sclarea L.

GENUS *Salvia* **FAMILY** Lamiaceae

COMMON NAMES Clary, Clary Sage, Cleareye, Muscatel sage

EDIBLE PARTS AND USES

Edible parts: Flowers, Stem, Leaves, Herb, Spice

The leaves have a sweet smell and are used fresh or dried. The are used to flavour jams, jellies and wine. It has a role similar to sage in cooking. They can be dipped in cream and fried and eaten with sugar and orange sauce. They are also dipped in egg batter and fried as fritters. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat. The stems are eaten raw.
The flowering tops have a taste between sage and mint. They are added to tossed salads. They are also used in jam.

DESCRIPTION

A plant with a two year life cycle. It grows to 1 m high and spreads to 1 m across. The stem is erect and square in cross section. It is brown and has few branches. The leaves are velvety and without leaf stalks. They occur in pairs. They are oblong, heart shaped and wrinkled with irregular margins. The flowers are pale blue or white. They occur in loose clusters at the ends of branches.

HABITAT

It is a temperate plant. A native of Europe and Syria. It prefers light well drained soil. It does best in an open sunny position. It is drought and frost resistant. It suits hardiness zones 4-9. In Hobart Botanical gardens.

PRODUCTION

Cultivation

It is grown from seed.

NOTES

There are about 900 Salvia species. It has anticancer properties.

PICTURES



Credit: Food Plants International (Bruce French)



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