PLANT FACT SHEET

Salvia carduacea Benth.

GENUS *Salvia* **FAMILY** Lamiaceae

COMMON NAMES Thistle sage

EDIBLE PARTS AND USES

Edible parts: Seeds

The roasted seeds are ground into flour. They are added to wheat to improve the flavour.
They are also used to make a cooling drink.

DESCRIPTION

A thistle like herb. It is hairy. It grows 60 cm high. The leaves are oblong and 8-15 cm long. The leaves have teeth and are spiny.

HABITAT

It is a warm temperate plant. It suits hardiness zone 8.

NOTES

There are about 900 Salvia species.

REFERENCES

Anderson, M. K., 2012, Edible Seeds and Grains of California Tribes and the Klamath Tribe of Oregon in the Phoebe Apperson Hearst Museum of Anthropology Collections, University of California, Berkeley. USDA p 32

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994)

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 134

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 778

Labiat. gen. sp. 302. 1833

Lawton, B.P., 2002, Mints. A Family of Herbs and Ornamentals. Timber Press. p 182

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 509

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Saunders, C.F., 1948, Edible and Useful Wild Plants. Dover. New York. p 43

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 181

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/db438837-0625-4c40-afc7-55cf45d54321