PLANT FACT SHEET

Salvia plebeia R. Br.

GENUS *Salvia* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Seeds

The seeds are used as a mustard.

DESCRIPTION

A herb. It can grow for one or two years. The stems are erect. They are 15-90 cm high. It is robust and with many branches. It has grey hairs. The leaf stalk is 4-15 mm long. The leaf blade is oval or sword shaped and 2-6 cm long by 0.8-2.5 cm wide. The edges are with rounded teeth. There are 6 flowers in a ring. The flowers are very small. The fruit is a nut about 2 mm long. It is in a hairy covering.

HABITAT

In China it grows on hillsides and in wet fields between sea level and 2800 m in most provinces. It tropical Queensland it grows from sea level to 200 m altitude.

NOTES

There are about 900 Salvia species. It is used in medicine.

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Prodr. 501. 1810

Wild edible plants of Himachal Pradesh

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

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