

# Salvia officinalis

## Culinary Sage



**Hardiness:** zone 4—8

**Height:** 50 cm—1 m

**Spread:** 50 cm—1 m

**Sunlight:** Full sun

**Flowers:** June

Tolerant of Deer, drought, poor soil

Attracts butterflies and bees

### **General Description:**

*Salvia officinalis* commonly called sage, is the culinary sage familiar to most cooks. It also has excellent ornamental qualities, however. Variably called culinary sage, common sage or garden sage, this woody-stemmed, semi-shrubby perennial typically grows 1.5-2.5' tall. Features whorls of two-lipped, lavender-blue flowers (to 1 inch long) in short, upright spikes in late spring. Wrinkled, gray-green leaves (to 4" long) are strongly aromatic and are frequently used fresh or dried in cooking as a seasoning. A mint family member that is attractive to bees and butterflies. Genus name comes from the Latin word *salveo* meaning to save or heal in reference to the purported medically curative properties attributed to some plants in the genus.

### **Care Notes:**

Grow in average, dry to medium moisture, well-drained soil in full sun. Tolerates very light shade, but best in full sun. Plants tend to sprawl, particularly when grown in less than full sun. Wet soils can be fatal.