**Sage Plant - Common Sage**



**Salvia officinalis**

Recommended by the RHS to be an excellent attractant and nectar source for bees and other beneficial insects.

* Perennial.
* Hardy evergreen.
* Reaches 24 - 32" (60 - 80 cm).
* Likes a sunny position sheltered from the wind.
* Prefers light, well drained, slightly chalky (alkaline) soil (do not overwater).
* Flowers May - July with purple/pink flowers.
* Avoid planting in close proximity to Rosemary. Rosemary and Sage do not 'get on' and the Sage will at best struggle, at worst die off!
* **Culinary Uses.**
* Good for stuffing pork and chicken.
* Makes a nice butter.
* Can be used in salads.
* Used for making sage vinegar.
* Good in stews and soup.
* **Medicinal Uses.**
* Excellent for helping digest fatty foods.
* Disinfectant and antifungal properties.
* Contains oestrogen.
* Can help combat diarrhoea.
* Can be used as a teeth whitener. or as a mouthwash to help mouth ulcers, inflamed gums, laryngitis and tonsillitis.
* The seeds can be infused in water to remove foreign matter from your eyes.
* Can soothe tired muscles.
* Can be used as a blood tonic
* Suppresses sweating (so can be useful for hot flushes during menopause).
* Will help strengthen your nervous system.
* Can help soothe coughs, colds and rheumatism.
* Can be used to help insect bites and skin infections.
* Can improve your memory!
* **Other Uses.**
* Is sometimes used in decoration such as wreaths.
* Discourages insects particularly from laundry.
* Deodorizes animal and cooking smells when burnt.
* Can be used in a conditioner to darken grey hair.