

Sage - 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.
- 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.

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.

