

# Living Herbs

## Description

## Growing Tips

## Parts Used

## Uses

## Origin & History

## Sage Common

*Salvia Officinalis*  
Family: Lamiaceae

Sage Common is a perennial herb that grows 60-80cm tall and produces oblong grey-green leaves which are about 5-8cm long. They have a unique pebbly, leathery surface that resembles that of a tongue. Blue or pink lipped flowers form at the tip of a stem and each produces four seeds.

It likes a warm sunny position and light, well-drained soil. For best results prune regularly to avoid it going woody and it may need replacing after a few years.

Leaves

Sage Common's strong flavour and bitter quality makes it a great addition to poultry stuffing, pork and is used for sausages together with Thyme and Onion. It also adds flavour to cheese dishes and herb butter.

As a tea it is a general tonic, reducing sweating, aiding digestion, relieving coughs and colds and enhancing concentration.

It is also good as a gargle and general wash for sore throats and ulcers - for the same purpose a fresh leaf can be chewed on. The essential oil from Sage is used in aromatherapy, as an insect repellent and in cosmetics.

Sage originates in the Egypt area and has been used to ward off evil, as an antidote to snake bites and to increase women's fertility.

The Romans used it as a diuretic, to numb the skin and stop bleeding. These uses gave it the name salvia, being Latin for saviour.

In Medieval times it was commonly called 'Sage the Saviour'.



Sage, Common