

## Description

**Sage Pineapple**  
**Salvia Elegans**  
**Family: Lamiaceae**

## Growing Tips

Pineapple Sage is a perennial shrub. It that grows up to 1.5m tall and produces soft, hairy oblong pointed green leaves with a brown edge about 5-8cm long with a strong pineapple scent. Long, bright red lipped flowers form at the tip of a woody stem in autumn and winter.

## Parts Used

It likes a warm, sunny position and light well-drained soil. For best results prune regularly to avoid it going woody and divide during the winter as it clumps up. The plant dies down after frost but regrows in spring.

## Uses

Leaves and flowers.

## Origin & History

Sage Pineapple's fresh leaves can be added to fruit salads, teas, fruit punches, chicken and pizza. The flowers add colour to salads and can be crystallized for decorations. A tea may reduce anxiety, and limited research has found a compound in this herb that may help reduce blood pressure.

Pineapple Sage is native to Mexico and Guatemala and was traditionally used to relieve anxiety and depression.

