

Description

Growing Tips

Parts Used

Uses

Origin & History

Sage Variegated *Salvia Officinalis 'Icterina'* Family: Lamiaceae

Sage Variegated is a perennial herb that grows up to 75cm tall and produces oblong grey-green leaves with pale patchy yellow edges. The leaf is about 5-8cm long with 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. This cultivar is most intolerant of wet, cold winters and is best planted raised up in a rock garden. It is less prolific than its main species and should be replaced every two or three years.

Leaves and flowers.

Though Sage Variegated is mainly used for its attractive, colourful foliage and sweet scented flower, its flavour is no less than Sage Common and lends itself useful for poultry stuffing, pork and is used for sausages together with Thyme and onion. Also adds flavour to cheese, sandwiches and herb butter.

As a tea it is a general tonic, reducing sweating, aids digestion, relieves coughs and colds and enhances 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 time it was commonly called 'Sage the Saviour'.

