

Common Name: Sage, Spanish

Botanical Name: *Salvia lavendula*



Zone: 5 – 9

Type: Hardy evergreen shrub

Height: 12-20 in

Width: 1.5-2 ft

Habit: Shrub-like

Flower: Pale lavender flowers are borne on stems above the low foliage mass

Bloom Season: Mid-summer

Foliage: Silvery leaves that are narrower (i.e. 'lavender-like')

Flavor: Strong, resembling rosemary

Fragrance: Strong

Sun: Full sun to partial shade

Soil: Poor, dry soil

Water: Low

Tolerant: Drought, deer

Culinary Uses: This is the species used for cooking in Spain where they appreciate its stronger flavor, sometimes with overtones of rosemary (*Rosmarinus*).

Garden Uses: Herb and medicinal garden, ornamental

Medicinal Uses: Used as a remedy for hoarseness, coughs, and sore mouths and throats. It is often studied for its potential in the treatment of high blood pressure, diabetes, Alzheimer's disease, Herpes, menopausal symptoms, depression, lung cancer, as well as other ailments. In ancient times, Sage was even thought to extend life.

Harvesting: Snip stems and flowers to eat

Photo: From the garden of WGHS member, Beth Mattingly

Origin: Native to rocky, stony ground and full sun in the mountains of Algeria, Morocco, Spain, and Southern France.

AKA: La vender sage

Synonym: *Salvia lavandulifolia*,

Attracts: Butterflies, hummingbirds

