

Did You Know?



Sage *Salvia* spp.

- HSA Notable Native™ 2018, includes about 900 species worldwide, 47 are native to North America with an additional 15 naturalized species
- The genus name, from Latin salvo or salvus, meaning safe, whole, or healthy and later from Middle English sauge or sage, recognizes the value for medicinal use of many species.
- Includes annual, perennial, biennial and some woody shrubs
- Herbal uses include culinary, ornamental/fragrance, medical, ceremonial and are great pollinators
- *Salvia officinalis* is the most common culinary sage, there are other species used for flavoring as well
- *Salvia columbariae* and then *S. hispanica* are the seeds grown on “chia pets”
- Cosmetic uses include shampoo, soap, dye, and perfume
- *Salvia* species also have insect repellent properties
- Sage has been attributed to wisdom, long life, and improved memory.
- In the Victorian language of herbs, Sage symbolized esteem, youth, friendship, good health, salvation and happy home
- Sage was used to treat illnesses ranging from palsy, liver disease, epilepsy, throat inflammation and fevers in the Middle Ages. It was also considered a cure for warts, snake bites and perspiration.
- In the 16th century, sage was introduced to North America and was popular in pancake, tea and bread recipes as well as butters
- Fertility treatments were one of the medicinal uses for sage from the Roman Empire to the 18th century.
- Sage was the most popular herb in the United States until World War II
- It has been said that if sage flourishes in a home garden, it is a sign that the wife is in charge of the household. If sage thrives and flourishes in the garden, the garden owner’s business with thrive and flourish as well.
- Read more about *Salvia* spp. and other [HSA Notable Native™ Herbs](#) on our website.