

Pineapple sage

Salvia elegans



Shrub and herbaceous plant, that can grow up to 1.5m.

Presents hairy stems, tubular red flowers and a unique aroma of pineapple.

It blooms in spring keeping all summer.

More info: https://www.amu.bio/_pineapple_sage

Cultivation

This plant can be grown by cuttings in spring and autumn and through sowing.

Need sun exposure, well-drained soil and should be watered with moderation because it does not tolerate very wet soils.

Attracts white butterfly which is known to devour cabbages and other vegetables, so it is recommended the cultivation of pineapple sage near these plantations.

History

This plant is native to Mexico, where it is known as Mirto.

The name Salvia derives from the Latin "salvus" meaning "health" and the word "salvare" which means "cure", due to its medicinal properties.

According to Greek mythology, the discovery of the medicinal properties of Sauge were

made by Cadmus hero.

In antiquity it was burned to purify the environment.

Utilization

The pineapple salvia has various medicinal properties and culinary.

In medicine it is used to combat nausea, heartburn, anxiety, and also to reduce blood pressure.

In cooking since their flowers and leaves are edible, it is often used as a flavoring and seasoning.

The pineapple sage is often used in the confection of dishes, salads, desserts, teas, soft drinks, etc...