

# Sage

*Salvia officinalis*



Sage is a plant of the family Lamiaceae, perennial, presents woody stalks and can reach 30 to 40cm.

Its leaves are grayish and bluish or violet.

There are several cultivars of the sage, with flowers and leaves of various colors.

More information:

[https://www.amu.bio/\\_sage](https://www.amu.bio/_sage)

## Cultivation

The propagation of the sage can be done by sowing, cutting, weeding, and division of clumps.

This plant should be grown in a place with good sun exposure and with a well drained soil and rich in organic matter.

It is necessary that the soil is watered frequently so that it stays moist but not in excess, since too much water can harm the plant.

## History

It is native to the Mediterranean region.

It is said to have been introduced in Europe as a medicinal plant, through Egypt.

This plant was well-known in the Middle Ages thanks to its healing properties, and was used in a mixture of herbs which, it was said, protected from the plague.

It was also known in antiquity to ward off evil, increase female fertility and treat snake bites.

### **Utilization**

In cooking the sage is used as an aromatic plant in marinades of meat, cheese, beverages, sauces, roasts and soups.

In medicinal terms it has antibiotic, antifungal and tonic properties.

In its essential oil are the strongest active constituents such as eucalyptol, borneol and thujone.