

Sage

Salvia officinalis

Blooming dates:
Late Spring and Summer

Sage is a hardy herb with medicinal and culinary uses. It is a type of dwarf shrub with wide, gray-green leaves that are wrinkled on top and covered with short white hairs on the bottom. In the summer, sage plants grow thin flower spikes covered in lavender blossoms, which last until the early fall. Sage has been used to treat sore throats and sprains, and it is widely used as a savory seasoning.

