

June 2021

Sage, *Salvia officinalis* L.

From the Lamiaceae family

The common sage is a perennial, evergreen semi-shrub. Densely foliated twigs grow on the woody stem. Between May and June, sage flowers with mostly violet, but also white or pink flowers on short flower stalks. The plant grows to a height of 40-80 cm, prefers sunny places and sandy, nutrient-rich soil.

It is a medicinal and spice plant and contains essential oils that are responsible for its characteristic smell and taste. The main components of the oil are thujone, linalool, 1.8 cineole. Furthermore, common sage contains tannins, bitter substances and flavonoids.

The essential oil is produced in the oil glands which can be seen on the upper leaf surface with a magnifying glass.

In the garden, the common sage proves to be a magnet for insects such as butterflies, bees and bumblebees.

