

## Sage - Seeds - buy 1 get 1 free



1 packet contains Sage - 40 seeds.

Rating: Not Rated Yet

### Price

Sales price R 125

Discount

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Description

## Description for Sage

Flowers are bright yellow buttercups, which look great against the dark-green foliage. The flowers might be slightly brownish towards the center. It can become tall and leggy if not pruned.

Common name	Flower colours	Bloom time	Height	Difficulty
Yellow Alder, Yellow Buttercups, <i>Salvia officinalis</i> (Botanical name)	pink, purple	Apr , May , Jun	12 to 30 inches	easy to grow

## Planting and care

You can start the seeds/cuttings indoors 6 to 10 weeks before the last spring frost.

Plant the seeds/cuttings in well-drained soil 1 to 2 weeks before the last spring frost.

Plant the seeds/cuttings 24 to 30 inches apart. For best growth, the soil should be between 60° and 70°F. Plants should grow to be between 12 and 30 inches in height.

Sunlight	Soil	Water	Temperature	Fertilizer
Full Sun to Partial Shade	well-drained soil,Loamy soil.	medium	65 to 70 degrees	Apply any organic fertilizer

## Caring for Sage

- Be sure to water the young plants regularly until they are fully grown so that they don't dry out.
- Prune the heavier, woody stems every spring.
- It's best to replace the plants every 4 to 5 years to ensure the best quality.

## Harvesting

After 1 year from planting.

After the first year. be sure to leave a few stalks so that the plant can rejuvenate. If fully established, one plant can be harvested up to three times in one season.

## Typical uses of Sage

### Special features:

Sage is a hardy perennial with soft, grayish green leaves. Its flower colors vary; they can be purple, pink, blue, or white. Common sage is used most commonly for cooking; it's a classic in stuffing.

**Culinary use:** Sage goes well with pork, beef, duck and chicken recipes, and fatty meats in particular. In Italy it is commonly chopped, mixed with melted butter and served stirred into pasta or gnocchi.

### Medicinal use:

The leaf is used to make medicine. Sage is used for digestive problems, including loss of appetite, gas (flatulence), stomach pain (gastritis), diarrhea, bloating, and heartburn.

It is also used for reducing overproduction of perspiration and saliva; and for depression, memory loss, and Alzheimer's disease.

## References

<http://www.flowersofindia.net/riearch/search.php?query=%09Sage+%&stpos=0&stype=AND>

<https://www.google.co.in/search?q=Sage&oq=Sage&aqs=chrome..69i57j69i60i3&sourceid=chrome&ie=UTF-8#q=Sage+tempracher>