

# Sage

Suggested species: *Salvia officinalis* (botanical name)

## Herbs

### PLANT



Sow seed 0.5cm deep in pots and transplant seedlings to 30cm apart. Can also plant bought sage or rooted cuttings. Choose well drained soil in sunny site

### GROW



Keep watered until established. Pinch out growing tips to encourage bushy plants. Will keep leaves through winter (evergreen). Replace plants every few years

### EAT



Pick leaves or use fresh any time or before flowering if drying. Protect one year old plants in colder winters with horticultural fleece or move container grown plants indoors

### Growing guide

Easy!

### Average growing period

From 12 weeks

### Equipment needed

Horticultural fleece

### Germination time

7-14 days

### Average plant size

60cm tall and wide

### Family group to grow with

Lamiaceae: basil, thyme

### Seed saving group

2 - (Perennial, can cross pollinate)

### Key nutritional content

Fresh: calcium, vit. A, zinc

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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