

Wild Thing Salvia



Garden Crossings – Wild Thing Salvia

Is it an Herb? Is it a Flower?

We often think of salvia as a flower and sage as an herb. However all sages are officially salvias, and Salvia is the largest genus in the Mint family with around 900 species.

Sage has been held in high regard throughout history both for its culinary and medicinal properties. World's Healthiest Foods says, "The soft, yet sweet savory flavor of sage along with its wonderful health-promoting properties is held in such high esteem that the International Herb Association awarded sage the title of 'Herb of the Year' in 2001!" In fact, the genus name Salvia is derived

from the Latin term "salvare" which means "to heal" or "to save".

Sage or Salvia plants have flowers that attract bees, hummingbirds and butterflies and also have aromatic foliage. The flowers of all culinary herbs are also edible. This variety is deer and rabbit resistant.

Since we are on the edge of its hardiness zone, some winter protection might be advised. Sages require good drainage, especially in winter. Freezes are more lethal when sages are sitting in soggy soils. Sages want full sun and need good air circulation to prevent mold germination.

Wild Thing Sage is grown primarily for its beautiful blooms, described with every pink adjective from coral to cherry. It has aromatic dark, semi-evergreen foliage, and blooms from May to October. "Wild Thing™" is a woody perennial that looks best when it is cut back hard in the early spring.

Although it would be a shame to miss these flowers, herbs that will be used for culinary or medicinal purposes should be harvested before the plant blooms in summer. For the best flavor, cut stems in the morning, after the dew has dried. After cleaning, they can be used fresh or allowed to dry in a dark place with some air circulation. Wrap stems with a rubberband and hang them upside down. When thoroughly dry, crumble and store in airtight jars away from light. Watch for the first few days to make sure there's no condensation inside the jar, which would indicate that the herb is not entirely dry and will mold.

Height: 2 feet to 3 feet Width: 2 feet to 3 feet