



# The Herb Society of America

## Promising Plants Profiles

### ***Salvia officinalis* 'Berggarten'**

**Common Name:** Mountain garden sage, Giant German sage

**Family:** Lamiaceae

**Genus:** *Salvia*

**Specific Epithet:** *officinalis*

**Cultivar:** 'Berggarten'

**Life cycle:** perennial

**Zone:** 5-8

**Flower color:** violet/lavender

**Bloom time:** late spring to mid summer, shy-bloomer, produces few flowers.

**Growth:** 18-24"

**Habit/Form:** dense, compact, evergreen

**Light requirements:** full sun

**Soil requirements:** well drained

**Propagation:** softwood cuttings, semi-hardwood cuttings

**Uses:** culinary, medicinal, economic



Photo courtesy of Gloria McClure

**GRAS status:** *Salvia officinalis* leaves are considered GRAS (Generally Recognized as Safe) at 300-4777 ppm, but *S. officinalis* is reportedly toxic in large amounts, and medicinal preparations are not recommended for extended use by some sources.

**Description:** The large, oval, aromatic leaves have serrated edges and a downy texture. New leaves are bright green, turning to a soft gray on the older growth. The plant occasionally produces whorls of one inch long, two-lipped, upright purple flowers. 'Berggarten' takes on a purplish color when planted in full sun.

**Cultivation:** Water regularly but do not overwater. Avoid pruning into the woody growth and in the late fall season. Remove old flowers to encourage a longer bloom period.

"*Salvia officinalis* 'Berggarten' is very strong in flavor, its essential oil being very similar to that of dalmatian sage. It first appeared in the U.S. about 40 years ago. Although it is not an HSA member introduction, it is a noteworthy sage specimen." -Gloria McClure, *Promising Plants Presentation, 2008*

**Please note:** Profiles are intended to provide a brief introduction to each herb. For additional information, please refer to the References and Seed and Plant Source lists.

**Disclaimer:** Profiles are intended to provide a brief introduction to each herb. For additional information on uses, including medicinal contraindications, see the References list. The Herb Society of America can not advise, recommend, or prescribe herbs for medicinal use. Please consult a health care provider before pursuing any herbal treatments. Inclusion of vendor information does not indicate an endorsement by The Herb Society of America, and HSA can not guarantee availability of seeds/plants.  
Text and images © 2008 The Herb Society of America