

Pineapple Sage

Pineapple Sage "Salvia elegans" from Latin, meaning "to cure."



Are you a pineapple lover? Do you enjoy the smell of fresh pineapple? Now you can experience that wonderful scent growing right in your very own herb garden.

Pineapple sage is an edible plant. The leaves are bright green and hairy and have the aroma and flavor of fresh pineapple. Steeped in hot water, it makes a great tea. The bright red blossoms have a tangy citrus-mint flavor and make a colorful addition to salads, fruit dishes, or any garnish.

Pineapple sage is a healing herb, antibacterial in nature and loaded with powerful antioxidants. In ancient Greece it was used as a cure for everything from snakebite, eye problems, infections, epilepsy, intoxication, memory loss and worms to intestinal problems. It has also been prescribed as an aphrodisiac.

Pineapple sage is native to tropical Mexico and Guatemala, however it can be successfully grown in the Northwest. Plant them in raised beds or an area with well-drained soil. They can be planted in full sun, but seem to do better in morning sun with afternoon shade. They will grow to a height and width of three feet. Keep them bushier by pinching back a couple of times during the growing season. Fertilize in the spring once new growth has started, and continue to fertilize every six to eight weeks until fall.

Blooms start in late summer and early fall. This sage will produce brilliant red tubular flowers that act as a magnet for hummingbirds.

Pineapple sage is a perennial, but can be susceptible to frost, so plant in an area that offers some protection. In winter if the plant receives frost damage, prune it to the ground and give it an extra layer of mulch for protection.

This plant propagates easily by taking cuttings in the summer. It will take about four weeks to form roots.

References

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