

## Golden Variegated Sage

*Salvia officinalis 'Icterina'*



**Height:** 60cm (2ft)

**Suitable for:** A sunny spot in light dry soil.

**Summary:** Icterina sage is an attractive shrubby plant that contrasts well with other green foliage when planted in the herb garden. It is equally as good as the common green sage for cooking and makes an excellent alternative especially if space is limited.

### More information:

Golden variegated sage is, like all variegated plants, slightly less vigorous than the green variety. It has a more compact habit and is more suited to a smaller garden than the green sage, which can become quite spreading.

As well as planting in the herb garden as contrast to green leafy herbs, it also looks particularly fine planted by paths and areas of gravel where it can spill out and soften the edges.

Its culinary uses are exactly the same as for the common sage. Sage is best known for its use in stuffings to accompany pork and poultry. It is also found in a variety of other savoury dishes such as sausages and sage derby cheese.

It has a particularly strong flavour and should be used with caution as its powerful flavour can be bitter if used to excess.

Sage is also an important herb in herbal beauty preparations, especially in facial cleansing preparations, either on its own or as a mixture with other herbs.

Herbal facial steams are a quick way to pep up dull looking skin and are suitable for all complexions except those that are extremely dry. A herbal steam deep cleans and softens the skin.

Sage in a **facial steam bath** can either be used alone or mixed with any of the following - chamomile flowers, marigold petals, fennel, salad burnet or even young nettle leaves.

Thoroughly cleanse your face and neck and tie or clip your hair out of the way. Place 6 tablespoons of your chosen herbs into a heatproof bowl and pour over 1 litre of boiling water. Lean over the bowl with your head covered by a towel and relax like this for up to 10 minutes in the fragrant steam for the herbs to do their work.

Inhaling over a herbal steam bath can also help to clear congestion after a head cold, and an infusion of sage tea can be taken as well to help with the cold symptoms and any associated headache.