ABSTRACT

TITLE:	Salvia Officinalis L., Growing Popularity and Environmental Implications for the Use of Common Sage
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ABSTRACT: Salvia officinalis is the most common species of sage. Although sage has been known about and used for many years, Carl Linnaeus first documented and described the plant in 1753. Salvia in Latin translates "to heal' and officinalis translates to officina: the actual office in a monastery where medicines were stored. Aside from the scientific name that Linnaeus introduces, there are many other common names and uses for sage. Before modern technologies and understandings of medicine, Salvia officinalis was being used for its culinary, gardening, and most importantly its medicinal properties. Although it is not a highly recognized plant in the United States for its medicinal qualities, it grows in abundance across the country. Through the study of ethnobotany and homeopathic medicine that is becoming ever more popular, there has been an increase in research on herbs with medicinal properties. Now, with new and more in-depth understanding of these plants, we can better utilize them and steer away from pharmaceutical drugs. With our growing population, there is not enough wild sage to support our needs. Therefore, in order to provide sage to people, it must be cultivated. Cultivation of Salvia officinalis is recommended on a small scale for personal use. Then fresh leaves and stems are available as needed as well as materials that can be dried and used at later times. Cultivating sage can be done in a herb, flower, or vegetable garden providing medicine and additionally adding color and aroma to the landscape.