

## Clary Sage

Family	Lamiaceae
Botanical	Salvia sclarea
Parts Used	Leaves and flowering tops
USDA Hardiness	5A- 9B
Light	Full Sun
Soil	Well Drained
Duration	Biennial



Propagation	Soil pH requirements: 6.6 to 7.5 (neutral) 7.6 to 7.8 (mildly alkaline) 7.9 to 8.5 (alkaline). From seed.
Water	As needed, do not overwater
Growing	This spectacular biennial produces foliage the first year and flowers the second. The fountains of 3' tall dramatic flower stems with pale lilac 1" long tubular flowers and very prominent rose-red bracts appear in mid-summer and last through early fall. This beautiful plant has a unique balsam-like fragrance and has many herbal uses. Plants require well-drained soil. Do not over fertilize; too much fertilizer results in more leaves and fewer flowers.

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Medicinal Uses	Anticonvulsive, antidepressant, antiphlogistic, antiseptic, antispasmodic, astringent, bactericidal.
Benefits	Recommended for many types of women's problems, including delayed or painful menstruation. It was once used to stop night sweating in tuberculosis patients. An astringent is gargled, douched and poured over skin wounds. It is combined with other herbs for kidney problems. The clary seeds form a thick mucilage when soaked for a few minutes and placed in the eye, helps to removed, small irritating particles. A tea of the leaves is also used as an eyewash. Clary is also used to reduce muscle spasms. It is used today mainly to treat digestive problems such as gas and indigestion. It is also regarded as a tonic, calming herb that helps relieve premenstrual problems. Because of its estrogen-stimulating action, clary sage is most effective when levels of this hormone are low. The plant can therefore be a valuable remedy for complaints associated with menopause, particularly hot flashes.
Preparation	<p>Clary Sage Essential Oil:</p> <p>To soothe eye problems, soak a clean cloth in a mixture of warm water and a few drops of clary sage oil. Afterward, press over both eyes for 10 minutes.</p> <ul style="list-style-type: none"><li>•Relieve anxiety and emotional tension by inhaling clary sage oil. Add a few drops to diffusers and burners.</li><li>•Use the oil as a massage oil and rub on painful areas. This can also be used on women suffering from menstrual pains.</li><li>•Add a few drops to your bath water to address pain and stress.</li><li>•Apply topically as a moisturizer to regulate the production of sebum on your skin.</li></ul>

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# Fines Herbes

## Culinary Uses

The young tops of Clary were used in soups and as pot herbs. It gives a new lift to omelets, and was used to flavor jellies. The leaves were chopped into salads. Culpeper recommended a 17th century sage dish where the fresh leaves were first dipped in a batter of flour, eggs and a little milk, fried in butter and served as a side dish. The flowers have an aromatic flavor and make a lovely contrast in salads. All sage flowers are edible after removing all greenery and stems.

## Clary Omlet

4 eggs

1/2 cup cream

salt and pepper

dash nutmeg

2 Tablespoons clary, chopped fine

1 Tablespoon butter or oil

Beat the eggs then beat in the other ingredients. Fry in butter or oil over low heat. Turn to brown slightly on both sides.



## Clary Sage Fritters

For the batter:

4 oz flour

½ tsp salt

2 Tbsp sunflower oil

¼ pint warm water

1 egg white

12 clary sage flowering brackets

12 clary sage leaves

fresh oil for deep frying

caster sugar

1 Tbsp clary sage flowers removed from the bracts

Directions:

Make the batter well before you need it: sift the flour into a bowl, add the salt, stir in the oil and mix with enough warm water to give the consistency of fairly thick cream. Leave to stand, covered with a damp cloth or saran wrap, for one to two hours. Just before using, beat the egg white in a clean bowl until it is stiff and fold it into the batter. Rinse the clary sage flower bracts and leaves. Gently shake them dry, then dry them on some kitchen towel. Roll a flower bract in each leaf and dip into the batter one at a time. Shake off any excess batter and drop into a large pan of oil, heated to 360°F. Do not allow them to touch each other in cooking. When done, drain on paper towel and place on a warmed serving dish or hot plate. When all the fritters are cooked, dredge with sugar, sprinkle on the flowers and serve immediately.

## Historical Facts

The Romans called it sclarea, from claurus, or “clear,” because they used it as an eyewash. The practice of German merchants of adding clary and elder flowers to Rhine wine to make it imitate a good Muscatel was so common that Germans still call the herb Muskateller Salbei and the English know it as Muscatel Sage. Clary sometimes replaced hops in beer to produce an enhanced state of intoxication and exhilaration, although this reportedly was often followed by a severe headache. It was considered a 12 th-century aphrodisiac.

## Additional Tips

Love Potion to attract a man: Equal parts of dried lavender, bachelor’s buttons and clary sage, with a p

## Nutrition Facts

Constituents: linalyl acetate, linalol, pinene, myrcene, saponine and phellandrene.