

Pineapple Sage

Family	Lamiaceae
Botanical	Salvia elegans
Parts Used	Leaves and Flowers
USDA Hardiness	8A - 11
Light	Full Sun
Soil	Well Drained
Duration	Tender Perennial



Propagation Soil pH requirements: 6.6 (neutral) to 8.5 (alkaline).
From softwood cuttings or seeds. Plant does not set seed, flowers are sterile.

Water As needed, do not overwater

Growing It's a wonderful, fast-growing bushy plant, and cuttings root very easily. Will grow up to 5 feet tall if planted in the ground. Pineapple sage requires a place in the sunshine where the soil is well drained but moist and rich enough to support its rapid growth. Space plants 24 to 36 inches apart, and be sure not to plant them in front of other, smaller plants, as pineapple sage will grow large enough to block them out! Fertilize at planting with timed-released granules (these should carry the plant through the season), or follow up with a liquid plant food.

Medicinal Uses Antidepressant and antianxiety

Benefits The plant is extensively used in Mexican traditional medicine, especially for the treatment of anxiety, and also for lowering of blood pressure.

Preparation Pineapple Sage does not dry well; this is one plant that is best used fresh.

Pineapple Sage Infusion

Ingredients:

½ cup fresh pineapple sage leaves, torn into smaller pieces

2 tbsp. honey or more to taste

Juice of 1/2 fresh lemon

4 cups boiling water

Directions:

Place the torn sage leaves in a jar. Add the lemon juice and the honey.

Pour the boiling water over the contents in the jar and stir to dissolve the honey. Cover the jar for 30 minutes. Sip the tea, about 1 cup every 3 or 4 hours. Or pour over ice and enjoy it cold.

Fines Herbes

Culinary Uses

When mixed with ingredients such as lemon zest, garlic and butter, chopped pineapple sage makes a good flavoring to rub on and stuff under the skin of a roasting chicken. Because it's milder and sweeter than common sage, pineapple sage often is used in greater quantities in recipes such as pestos -- with parmesan, macademia nuts and lemon zest and for mild fish such as cod. Use the flowers for a bright salad!

Pineapple Sage Pound Cake Recipe

The bright red flowers adds that bit of wow to this cake!

- 1 cup butter, at room temperature
- 1 cup raw sugar
- 1/4 cup honey
- 5 eggs
- 2 tablespoons chopped pineapple sage leaves (the small, new leaves are best)
- 3 tablespoons coarsely chopped pineapple sage flowers, if available
- 1 teaspoon grated lemons, rind of
- 4 tablespoons well drained crushed pineapple
- 1 teaspoon baking powder
- 2 cups flour

Makes 1 loaf or 4 miniature loafs

Preheat oven to 325 degrees F.

Grease and flour four miniature loaf pans*.

Cream the butter and sugar until very light and fluffy.

Beat in the honey.

Add the eggs one at a time, making sure to beat for one minute after each addition.

Beat in the sage leaves, flowers, lemon peel, and crushed pineapple.

Stir the dry ingredients together and add to the butter mixture.

Fold these together gently, until just blended.

Pour into loaf pans.

Bake for approximately 45 minutes (time for 1 loaf), or until golden brown (wooden pick inserted into center will come out clean).



Historical Facts

Pineapple sage grows naturally in Mexico and Guatemala, where it has been part of the landscape for centuries.

Additional Tips

Nutrition Facts

A great source of Vitamin K, sage helps diminish the risk of blood clots, reduces blood pressure and blood cholesterol levels, and aids in bone strength. With a high presence of Vitamin B, sage is also good for the nervous system and helps the body metabolize proteins and sugar. Manganese, important in forming bones and some enzymes, is another element with high concentrations found in sage.