

# URBAN FARMER

LOVE THE EARTH

## From Seed to Harvest: A beginner's guide to growing Salvia

Salvia is a good plant to grow if a gardener is looking for variety, since this plant has more than 700 species. It has both annual and perennial varieties. Salvia blooms are spiky flowers that grow on bushy plants. They can reach 10 to 60 inches in height, but most varieties are below 36 inches. Salvia blooms in many colors, including red, scarlet and blue. Salvia is also known as sage, and it is the largest genus of plants in the mint family.

### To plant:

Salvia are most commonly grown from seed. They are typically directly sown into the garden, but they can be sown indoors early for a head start on growing. Sowing indoors also encourages the Salvia to bloom earlier than if directly planted outside. To start indoors, sow seeds six to eight weeks before the last frost. There are many varieties and some require light to germinate, so spread the seeds across the top of the soil and don't cover them. Water seeds lightly after planting.

### To grow:

Transplant Salvia seedlings to the garden after the last frost date and space them 10 to 20 inches apart depending on the variety and its size. Salvia should be spaced apart so they have plenty of room to bloom and grow. Salvia grows best in full sun, and it grows well in average to good soil.

Water the Salvia once or twice during the week and keep them well-weeded. Apply a 2-inch layer of mulch around the plants to retain moisture and deter weeds. Salvia self-sow, so plant them in an area where



[Victoria salvia seeds available at ufseeds.com](http://ufseeds.com)

more can sprout. Salvia grow best in soil with a pH of 5.5 to 6.5.

### To harvest:

Salvia makes a good cut flower because of its height, and it also can be used as dried flowers to decorate with during winter months. When bringing the fresh flowers inside to display, remove any leaves or blossoms that will be underwater. Since Salvia has so many varieties and many different colors, they make beautiful displays in vases. Salvia's leaves can be harvested for herb use or in culinary dishes.

### What Salvia craves:

Salvia are lighter feeders than most plants. Once planting Salvia in the garden, add a general-purpose fertilizer and add once again each month. Once it is established, cut the flowers back each fall and apply a balanced fertilizer in the spring. Prune the plants midsummer and fertilize the plants again. Salvia also do well when compost is added to enrich the soil.



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## Where to buy Salvia seeds:

Urban Farmer offers Salvia seeds that have bright spiky blooms and make for a great groundcover.

Check out our Salvia seed selection on our website at [ufseeds.com](http://ufseeds.com)!



[Rose Queen seeds available at ufseeds.com](http://ufseeds.com)



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