



ALMANAC

Thursday, May 1, 2025



ORDER YOUR ALMANAC TODAY!

HOME > GARDENING > GROWING GUIDES

How to Grow Russian Sage: The Complete Russian Sage Flower Guide



Photo Credit: agatchen/Shutterstock

Botanical name: *Salvia rosmarinifolia* (Perovskia atriplicifolia)

Plant type: Flower

FREE GUIDE!



Ex
po-
sur
e:

Soi [Neutral](#)
I [to](#)
pH [Slightly](#)
: [Alkaline](#)
,
[Slightly](#)
[Acidic](#)
[to](#)
[Neutral](#)

Blo [Summe](#)
om [r](#), [Fall](#)
Ti
me
:

Flo [Blue](#),
we [Purple](#)
r
Col
or:

Ha [4](#), [5](#), [6](#),
rdi- [7](#), [8](#), [9](#)
ne
ss
Zo
ne:

Sp [Attracts](#)
ci [Butterfli](#)

res

:

Planting, Growing, and Caring for Russian Sage

By [Catherine Boeckmann](#)

Last Updated: April 15, 2024



Sign up for daily gardening advice and tips

Enter your email address

SIGN UP

ADVERTISEMENT



**The Almanac Garden Planner -
Use It Free for 7 Days!**

Plan your 2025 garden with our
award-winning Garden Planner.

TRY NOW

This eye-catching summer bloomer is a
favorite for pollinators! Learn how to
plant and grow Russian sage in
your garden.

ADVERTISEMENT

About Russian Sage

This lovely bluish-purple perennial was once in its own genus, *Perovskia* (named after a Russian general from the 1800s), but has more recently been put into the *Salvia* genus alongside other sages. Despite its common name, the plant is not native to Russia!

Russian sage grows 3 to 4 feet tall and produces purple-to-blue flowers from early summer to mid-fall. The textured gray-green leaves on silver-to-white stems are aromatic, producing a menthol-like scent when crushed.

Use Russian sage in the middle or back of a border where the silvery foliage and soft-colored flowers add a Mediterranean feel to the landscape. The plant is also perfect as a filler plant or for separating flowers with stronger colors.

ADVERTISEMENT

Read Next

- [How to Grow Baby's Breath: The Complete Baby's Breath Flower Guide](#)
- [How to Grow Bachelor's Buttons: The Complete Bachelor's Button Flower Guide](#)
- [How to Grow Balloon Flowers: The Complete Guide](#)

PLANTING

Plant Russian sage in full sun and in well-drained soil. Consistently wet soils should be avoided, as this drought-tolerant plant prefers to be kept on the drier side.

Amend the planting site with compost or aged manure to improve drainage if necessary.

When to Plant Russian Sage

- Plant container-grown plants in early spring if possible, setting them at the

- Russian sage can be grown from seed, but germination may take 1 to 4 months.

How to Plant Russian Sage

- Space plants about 18 inches apart.
- Water regularly during the first growing season to establish the root system.
- Mulch with organic compost to protect in winter.

Propagating Russian Sage

A mature plant will send out runners.

Remove runners with strong roots from the parent plant using sharp scissors. Replant the runners in small pots with potting soil.

1. Take 3 to 4-inch long softwood cuttings from a stem or branch.
2. Dip the bottom in rooting hormone.
3. Place the cutting in a pot with moist potting soil.
4. Cover with clear plastic and place on a sunny windowsill.

GROWING

- Established plants will tolerate drought very well. Plants will rot if the soil is too moist.
- Young, unestablished plants may flop a bit but can be staked or planted near other plants that will support its tall flower stalks.
- Don't cut back stems in the fall. Cut them down to about 1 foot in the spring.
- Mulch with organic compost when new growth begins in spring.
- Divide plants every 3 to 4 years.
- Prune new growth in early spring to about 10 inches above the soil to encourage thicker growth and more blooms.

Types

- **'Blue Spire'** grows 2-3 feet tall and produces deep purple flowers in mid to late summer.
- **'Denim 'n Lace'** has sky-blue flowers

- **'Filigran'** reaches 2-3 feet tall and has bright blue flowers.
- **'Little Spire'** is only 2 feet tall with upright stems. Flower spikes are lavender-blue.
- **'Longin'** has 3 to 4-feet tall stiff stems with deep-blue flowers.

HARVESTING

It's easy to dry Russian sage! Cut off the long spikes when in full bloom, tie with a string and hang upside down for about a week until stems leaves and flowers are dry.

Russian sage spires add sweet fragrance and style to fresh flower arrangements. Cut Russian sage stems in the morning and place in water.

GARDENING PRODUCTS



PESTS/DISEASES

- Russian sage is naturally resistant to insect pests, although aphids, spider mites, whiteflies, and leafhoppers can occasionally do damage.
- The plant is resistant to rabbits and deer.
- Stem or root rot can be a problem in wet soils.

WIT AND WISDOM

- The genus (*Perovskia*) was named c.

governor of the Russian province
of Orenburg.

- Russian sage is native to Central Asia
and Tibet at elevations up to
8,000 feet.

COOKING NOTES

Russian sage is related to the culinary
sage (*Salvia*), but it is best used as an or-
namental plant and not recommended for
cooking. The flowers are edible, however,
and can be tossed in salads.

FLOWERS

ABOUT THE AUTHOR

Catherine Boeckmann



Catherine Boeckmann loves na-
ture, stargazing, and gardening so
it's not surprising that she and
The Old Farmer's Almanac found
each other. She leads digital con-
tent for the Almanac website, and
is also a certified master gardener

MORE LIKE THIS



**How to Grow
Baby's Breath:
The Complete
Baby's Breath
Flower Guide**



**How to Grow
Bachelor's
Buttons: The
Complete
Bachelor's
Button Flower
Guide**



**How to Grow
Balloon
Flowers: The
Complete
Guide**



**How to Grow
Dianthus:
The Complete
Dianthus
Flower Guide**



**How to Grow
Calendula: The
Complete
Guide**



**How to Grow
Nigella (Love-
in-a-Mist): The
Complete
Nigella Flower
Guide**



GROW YOUR BEST GARDEN YET

Join The Old Farmer's Almanac

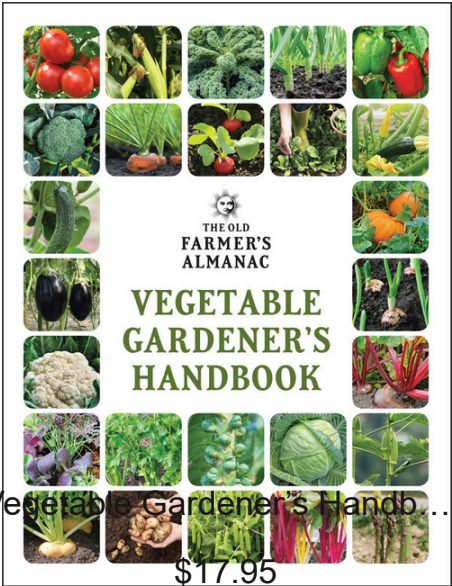
ADVERTISEMENT

COMMENTS

ADD A COMMENT

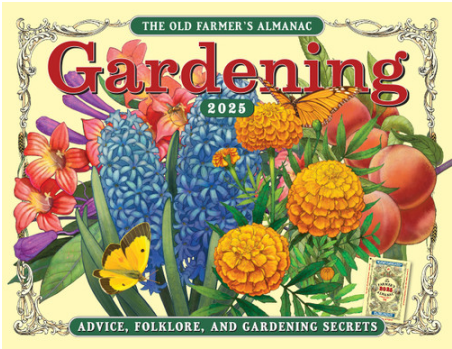
ADVERTISEMENT

**THE OLD
FARMER'S STORE**



Vegetable Gardener's Handb...

BUY NOW



2025 Gardening Calendar

\$10.99

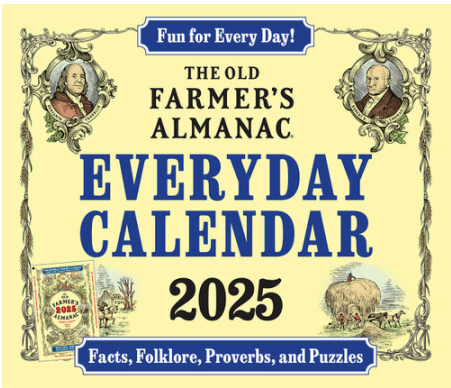
BUY NOW



Mini Sickle Hoe

\$16.99

BUY NOW



2025 Everyday Calendar

\$15.99

BUY NOW

ADVERTISEMENT

Our Brands

[The Old Farmer's](#)

[Almanac for Kids](#)

[Yankee Magazine](#)

[Family Tree Magazine](#)

[NH Business Review](#)

[New Hampshire](#)

[Magazine](#)

[Yankee Custom](#)

[Marketing](#)

Resources

[About Us](#)

[Contact Us](#)

[Free Daily Newsletter](#)

[Webcam](#)

[Advertise with Us](#)

[Media Relations](#)

[Sell the Almanac](#)

[Where to Buy](#)

[Terms of Use](#)

[Privacy Policy](#)

[Cookie List](#)

[Do Not Sell or Share](#)

[My Personal](#)

[Information](#)

Connect with Us



©2025 [Yankee Publishing Inc.](#), An Employee-Owned Company