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The Best of Every Season

East Friesland Sage

Salvia nemorosa 'East Friesland'

Plant Height: 18 inches

Flower Height: 24 inches

Spread: 18 inches

Spacing: 15 inches

Sunlight: ○

Hardiness Zone: 4

Other Names: Perennial Salvia



East Friesland Sage flowers
Photo courtesy of NetPS Plant Finder



East Friesland Sage flowers
Photo courtesy of NetPS Plant Finder

Ornamental Features

East Friesland Sage has masses of beautiful spikes of violet flowers rising above the foliage from late spring to early summer, which are most effective when planted in groupings. The flowers are excellent for cutting. Its fragrant narrow leaves remain grayish green in color throughout the season.

Landscape Attributes

East Friesland Sage is an herbaceous perennial with an upright spreading habit of growth. Its relatively fine texture sets it apart from other garden plants with less refined foliage.

This is a relatively low maintenance plant, and is best cleaned up in early spring before it resumes active growth for the season. It is a good choice for attracting butterflies to your yard, but is not particularly attractive to deer who tend to leave it alone in favor of tastier treats. It has no significant negative characteristics.

East Friesland Sage is recommended for the following landscape applications;

- Mass Planting
- Border Edging
- General Garden Use
- Container Planting

Planting & Growing

East Friesland Sage will grow to be about 18 inches tall at maturity extending to 24 inches tall with the flowers, with a spread of 18 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 15 inches apart. It grows at a medium rate, and under ideal conditions can be expected to live for approximately 5 years. As an herbaceous perennial, this plant will usually die back to the crown each winter, and will regrow from the base each spring. Be careful not to disturb the crown in late winter when it may not be readily seen!

This plant should only be grown in full sunlight. It is very adaptable to both dry and moist locations, and should do just fine under typical garden conditions. It is not particular as to soil type or pH. It is somewhat tolerant of urban pollution. This is a selected variety of a species not originally from North America. It can be propagated by division; however, as a cultivated variety, be aware that it may be subject to certain restrictions or prohibitions on propagation.

East Friesland Sage is a fine choice for the garden, but it is also a good selection for planting in outdoor pots and containers. With its upright habit of growth, it is best suited for use as a 'thriller' in the 'spiller-thriller-filler' container combination; plant it near the center of the pot, surrounded by smaller plants and those that spill over the edges. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.