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*Salvia mellifera*

[Synonyms : *Ramona stachyoides*]

**BLACK SAGE** is a shrub. Native to California (United States) it has tiny white to blue or lavender flowers.

It is also known as Blue sage, and California black sage.

*Mellifera* is derived from Latin *melli-* (honey) and *-fer* (bearing, carrying) components meaning 'honey-bearing'.

The shrub's leaves and stalks provided a food flavouring for the Cahuilla North American Indians, and both they and the Luiseño tribe ate the seeds.

Black sage offered a source of medicine for one or two of the North American tribes. Both the Mahuna and Costanoan Indians used it to treat coughs, and the latter also prescribed it for some heart disorders and for sore throats, indigestion and earache.

This shrub is a rich source of honey which is considered by many in the United States to be one of the best in the western States.