Prairie sage prefers dry, rocky or sandy soils, and gives off a pleasant aroma. It can be aggressive in the garden, and is subject to rot if soils remain overly moist. Deadheading may be used to minimize its spread, though it will still spread by rhizomes.

**Is prairie sage right for you?**

1-3 ft  July-Oct.

**Key characteristics:**

**Attractive Foliage**
Unique, silvery foliage. Pairs well with yellow, orange, and purple blooms.

**Medicinal**
Tea brewed from leaves used to calm stomach, as well as for skin conditions and as deodorant. Root tea used as laxative.

**Traditional Use**
Smoke for ceremonial uses. Tea from leaves for ceremonial bathing. Cut stalks used for fragrant wreaths and floral arrangements.

**More about prairie sage:**

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**Visitors to expect:**

- Painted grasshopper (Hesperotettix viridis)
- Pasture grasshopper (Melanoplus confusus)
- Narrow-winged spur-throat grasshopper

**Help control invasives!**

Prairie sage makes a possible alternative to snow-on-the-mountain, also known as goutweed (Aegopodium podagraria). Be aware that prairie sage has far more specific requirements to thrive.