



Common Name: Black Sage

Scientific Name: *Salvia Mellifera*

Kumeyaay Name: Ha'anya yul

Description: The leaves are skinny and long. On top they are dark green, but underneath they are fuzzy. From April to June they bloom. The flowers can be light lavender to white and grow in a tiny ball. Bees really like this plant and make a lot of honey from it. This plant can be up to 2 meters tall and has a very strong scent.

The Kumeyaay used this plant for medicine. They would boil the leaves and stems in water. Then they would take a bath in the water. It would make their aches and pains go away if they had the flu or arthritis.

(From *Delfina Cuero* by Florence Shipek, Ballena Press, Menlo Park, CA, 1991)

You can read about this plant in *Indians of the Oaks* on pages:

By Nick