

Sandhill sage

Asteraceae

Artemisia pycnocephala



In the Garden

This perennial grows to 1-2' tall and 3' wide and has soft, silvery foliage.

Sandhill sage thrives in coastal climates and looks great planted alongside coast buckwheat, seaside daisy, salvias, and California poppies.

To keep this sage looking fresh, pinch branch tips.

Sun: Full Sun, Part Shade

Water: Dry, Light, Moderate

Soil: Clay, Loam, Sand, Rocky

Other: Attracts Bees, Deer Resistant

Ecological Value:

Bees and other pollinators are attracted to the minute composite flowers.

Historical Uses:

Miwok has inserted beach sagewort into their nostrils to cure headaches and clear sinuses. The women have tied bundles of leaves around their bodies to promote blood circulation after childbirth. Coast Miwok has used beach sagewort to treat stomach aches, fevers and eye ailments.

Native Distribution:

Native to California and is also found outside of California, but is confined to western North America.

Elevation:

Between 0 and 656 feet

Plant Communities:

Coastal Strand

Habitat:

Coastal sand dunes

