

## Chia (seeds) -

Graine de vie

*Salvia hispanica* L.

<https://www.en.grainedevie.net/chia-seeds.html>



### FICHE TECHNIQUE

Botany

**Family** : Lamiaceae

**Genus** : Salvia

**Specy** : hispanica

**Author name** : L.

Details

**Type of plant** : annual

**Height in flowers** : from 20 to 50 cm , from 50 to 100 cm

**Hardiness (USDA zones)** : 9a (from -6,7°C to -3,9°C) , 9b (from -3,9°C to -1,1°C) , 10a (from -1,1°C to -1,7°C) , 10b (from +1,7°C to +4,4°C) , 11a (from +4,4°C to +7,2°C) , 11b (from +7,2°C to +10°C)

**Environment** : moist , drained

**Sun exposure** : full sun

**Bloom color** : bleu

**Bloom time** : july , august

**Number of seeds per gram** : 600

**Grams per 1000 seeds** : 0.6

### DESCRIPTION

**Family** : Lamiaceae

**Latin name** : *Salvia hispanica* L.

**Common name** : Chia, Chia sage, Spanish sage