

## Sage, Red Sage

Family	Lamiaceae
Botanical	Salvia officinalis
Parts Used	Leaves
USDA Hardiness	4A - 11
Light	Full Sun
Soil	Well-drained
Duration	Tender Perennial



Propagation	Start from root divisions, seed or cutting. If from seed, start indoors in late winter and transplant into the garden in spring. Soil pH requirements: 5.6 (acidic) to 7.8 (mildly alkaline).
Water	As needed, do not overwater
Growing	Plant in a sunny position and well-drained soil.

---

Medicinal Uses      Astringent, carminative, antispasmodic, aromatic, vulnerary and antibacterial.

Benefits              Reduces hot flashes and excessive perspiration, diarrhea, burping, sore throats, cleansing and healing for gum ulcerations. Can help with reduction of breast milk while weaning.

Preparation          Infusion, tincture, salve and poultice.

Gather the leaves at the beginning of flowering in late spring or early summer. Dry in shade or not above 95 degrees.

### Basic Sage Tea Recipe

Pour 1 cup of boiled water over 2 teaspoons of fresh or 1 teaspoon of dried sage leaves. Cover and steep for about 10 minutes and strain. Make sure that the water is not boiling when you pour it over the leaves, otherwise, the potent essential oils contained in the sage will vaporize. Drink 1-2 cups of the tea daily, or use the warm infusion as a gargle. Sweeten the tea to taste with maple syrup or honey.

---

# Fines Herbes

## Culinary Uses

- Mix cooked navy beans with olive oil, sage and garlic and serve on bruschetta.
- Use sage as a seasoning for tomato sauce.
- Add fresh sage to omelets and frittatas.
- Sprinkle some sage on top of your next slice of pizza.
- Combine sage leaves, bell peppers, cucumbers and sweet onions with plain yogurt for an easy to prepare, refreshing salad.
- When baking chicken or fish in parchment paper, place some fresh sage leaves inside so that the food will absorb the flavors of this wonderful herb.

## Butter and Sage Sauce

### Ingredients:

Pasta, of choice

4 tablespoons butter

8 sage leaves

1/2 lemon, juiced

1/4 cup grated Parmigiano-Reggiano

### Directions:

While your pasta cooks, melt butter in a 12 to 14-inch saute pan and continue cooking until golden brown color ("noisette") appears in the thinnest liquid of the butter. Add sage leaves and crisp for 1-2 minutes on each side then remove from heat. Add lemon juice and set aside. Drain the pasta, but leaving some cooking water, and gently pour into saute pan with the sage leaves and butter and return to heat. Add the cheese, toss to coat and serve immediately.



## Historical Facts

Sage is native to countries surrounding the Mediterranean Sea and has been consumed in these regions for thousands of years. In medicinal lore, sage has one of the longest histories of use of any medicinal herb.

The Greeks and Romans were said to have highly prized the many healing properties of sage. The Romans treated it as sacred and created a special ceremony for gathering sage. Both civilizations used it as a preservative for meat, a tradition that continued until the beginning of refrigeration. What these cultures knew from experience, that sage could help to reduce spoilage, is now being confirmed by science, which has isolated the herb's numerous terpene antioxidants.

Sage's legendary status continued throughout history. Arab physicians in the 10th century believed that it promoted immortality, while 14th century Europeans used it to protect themselves from witchcraft. Sage was in so much demand in China during the 17th century, appreciated for the delicious tea beverage that it makes, that the Chinese are said to have traded three cases of tea leaves (*camellia sinensis*) to the Dutch for one case of sage leaves.

## Additional Tips

### Nutrition Facts

**Vitamin A:** Sage is a rich source of vitamin A with 100 grams of dry ground sage providing about 5900 International Units (IUs) of vitamin A which is equivalent to 196% of the Recommended Daily Allowance (RDA) if this vitamin.

**Vitamin C:** Fresh sage leaves are rich in antioxidant vitamin C with 100 grams serving providing 32.4 mg or 54% of RDA of this vitamin.

**B-vitamins:** In addition to vitamins A and C, this herb contains exceptionally high levels of B-complex group of vitamins like folic acid, pyridoxine, thymine and riboflavin in much higher quantities than the recommended daily levels.

**Minerals:** Both fresh and dried sage is a good source of minerals like potassium, calcium, manganese,

magnesium, zinc, iron and copper.