

SAGE

QUICK INFO

- Sage is a perennial in USDA hardiness zones 5b and 6a.
- Sage comes in many varieties such as common, purple, variegated golden, and tricolor, and each has a unique taste.
- Sage pairs well with thyme, marjoram, rosemary, garlic, onion, parsley and bay leaf in cooking.

COOKING TIPS

- Sage can be used to flavor dishes such as stuffing, pork, chicken, stews, veal and bread.
- Use sage sparingly as the flavor can be intense. Variegated varieties tend to have milder flavor.

OTHER USES

- Sage is an attractive garden plant due to its aroma and color.

STORAGE AND PRESERVATION

- Fresh sage is ideally used soon after harvesting or purchasing.
- Leaves can be wrapped in paper towels and stored in the refrigerator crisper drawer for a few days.
- Dried sage leaves will keep up to six months when stored in an airtight container away from light.

GROWING TIPS

- Sage grows best in warm, dry soils.
- Sage leaves may be harvested from spring through fall.
- After plants flower in the fall, they can be deadheaded before winter.
- Sage plants should be trimmed of dead leaves again in spring once they start showing signs of new growth, usually removing about 1/3 of the plant.
- Common sage is the hardiest variety.

QUICK & EASY RECIPE

- **Fried sage leaves (fresh):** Pick individual leaves from the sage branch, rinse and pat thoroughly dry. Pour olive oil into a small, shallow pan to cover the bottom. Heat the oil and place the leaves in the oil to fry until they crisp up and turn slightly golden. Remove with tongs and drain on a paper towel. Fried sage leaves will add texture and flavor to many dishes, including beans, stew and potatoes.
- **Sage and butter sauce (fresh):** Melt butter in a skillet; add minced garlic and stir for about 1 minute; add chopped fresh sage leaves; continue stirring for 1-2 minutes more until the butter turns a light brown (do not turn away from the stove or the butter may burn). Pour this sauce over filled pasta, roasted autumn vegetables or cooked poultry.

