

Recipes



Sage *Salvia spp.*

Tips for Use:

- *Salvia officinalis* is the type of sage with culinary significance
- Dried sage is powerfully strong and should be used sparingly
- Fresh sage can be added alone to sandwiches such as grilled cheese or combined with other strong fresh or dried herbs such as bay, thyme, oregano, rosemary, summer and winter savory in soups and stews
- Flash fry large leaves, such as the large leafed 'Berggarten' variety for about 30 seconds, cool and crumble for a garnish
- Pour boiling water over 1 tablespoon of fresh or 1 teaspoon of dried sage and steep for 5 minutes for sage tea. Add honey to taste and serve warm or cold.
- Use sage as a base for herb tea, combining it with dried fruit or other herbs such as chamomile, fennel, lemon verbena, pineapple sage and spearmint or fruit mints.
- Enhance roast turkey, chicken or pork by placing fresh sage leaves under loosened skin

Apple Sage Bread

Good with a cup of tea. Unusual taste sensation – there is no hint of the sage until just after eating it, then the sage note lingers. Spicy and warming!

1 ½ cups unbleached all-purpose flour	½ cup buttermilk
½ teaspoon salt	1 cup applesauce
1 teaspoon baking soda	6 tablespoons melted butter
1 cup sugar	1 cup raisins
½ teaspoon cinnamon	½ cup chopped walnuts
½ teaspoon freshly grated nutmeg	2 tablespoons chopped fresh sage
½ teaspoon allspice	

Preheat oven to 350°F. Grease the bottom and sides of a small Bundt pan or a loaf pan.

Sift together the flour, salt, baking soda, sugar, cinnamon, nutmeg and allspice. In a small bowl, blend the buttermilk, applesauce, and melted butter. Mix wet and dry ingredients, blending just until mixed. Fold in raisins, walnuts and sage. Spread batter into pan and bake for 45 minutes or until a toothpick inserted in center comes out clean. Allow to cool for 10 minutes in pan, then remove and finish cooling on a wire rack.

Debra Seibert, HSA Rocky Mountain Unit
The Herb Society of America's Guide to Growing and Cooking with Herbs

Sage Corn Bread

2 strips bacon	1 egg
3 tablespoons finely chopped fresh sage	1 ½ cups milk
1 teaspoon baking powder	2 tablespoons melted butter
1 teaspoon salt	½ cup corn niblets
1 ½ cups yellow cornmeal	

Preheat oven to 450°F. Fry bacon in a 9-inch cast iron skillet until crisp. Leave grease in the skillet and transfer to oven. Crumble the bacon and set aside.

Quickly mix the dry ingredients, bacon, and sage leaves in a bowl. Whisk the egg in a small bowl until frothy, then whisk in the milk. Add milk mixture and corn to the dry ingredients. Add melted butter and blend thoroughly.

When skillet is smoking hot, add batter all at once and return to oven for 20 minutes or until top is golden brown.

Eleanor Davis, HSA Western Pennsylvania Unit
The Herb Society of America's Guide to Growing and Cooking with Herbs

Tuscan Stew

3 cups uncooked whole wheat penne pasta	2 pounds fresh spinach, cleaned and chopped
2 tablespoons olive oil	2 14.5 ounce cans diced tomatoes
2 cups minced onion	2 15 ounce cans cannellini beans, rinsed and drained
<i>1 tablespoon minced garlic</i>	Freshly ground black pepper to taste
1 tablespoon fresh thyme	3 tablespoons fresh grated Parmesan
1 tablespoon chopped fresh sage	2 teaspoons red wine vinegar
3 tablespoons chopped fresh basil	

Heat a pot of salted water for the pasta. When it boils rapidly, add the pasta, give it a stir, and cook until tender, according to package directions. Drain pasta and set aside. Heat the oil in a large deep saucepan. Add the onion and half the prepared garlic and sauté for 5 minutes over medium heat, stirring often.

Add spinach, tomatoes, remaining garlic, and salt. Stir, cover, and let simmer over medium heat for 10 minutes. Add beans, cooked pasta, and herbs. When heated through, stir in a generous amount of black pepper, the grated Parmesan, and vinegar. Serve in bowls with extra cheese and a cruet of additional vinegar.

Dorothy Spencer, HSA North Carolina Unit
The Herb Society of America's Guide to Growing and Cooking with Herbs



Sage Tea Hair Rinse

Fresh sage infusions have been used for years to cover silver or gray hair and darken hair color. The antibacterial properties help keep the scalp clean and healthy.

¼ cup fresh sage leaves

2 cups cold water

2 teaspoons vodka

Gently tear sage leaves into small pieces and place them in a medium-sized saucepan. Pour the cold water over them. Bring the mixture to a boil and remove from the heat source. Let the fresh leaves steep for several hours. Strain off the liquid and stir in the vodka. Pour into a clean bottle or jar.

To use: After shampooing hair, pour this rinse through it and leave in. Do not rinse. Dry and style hair as usual. Yields 16 ounces.

Janice Cox,

Natural Beauty from the Garden, more than 200 do-it-yourself beauty recipes & garden ideas

***Do you have a recipe using sage to share?
Please send it to Educator@herbsociety.org***