

# Hoosier Botanicals™

SAGE (*Salvia officinalis*)

## In the Kitchen...

The essence of sage is as much in the aroma as in the flavor. Minty and smoky with a touch of camphor, sage has found its place as the premier herb of poultry stuffing. It is also wonderful with winter squash and sweet potatoes. Fry whole leaves quickly in olive oil and use as edible garnish on soups or use fresh sprigs to garnish roasts. Sage is compatible with eggs, yeast breads, fowl, beef, pork, leeks, snap beans, shell beans, lentils, garlic, cheese, corn, artichokes and asparagus. Dried sage has a slightly different flavor than fresh and will lose its potency quickly.

**Butternut Squash Soup** Prick a whole butternut squash with a fork and place in a 350°F oven until soft (60–90 min.). Sauté low in ¼ cup butter for 10 minutes: 7 chopped sage leaves, 3 cloves garlic, 1 tsp each fresh rosemary and thyme and 1 medium chopped onion. Cut the cooked squash in half, scoop out the seeds and membrane and add the squash meat (no skin) to the soup pot. Add 2 cups stock or water, mix well and puree the soup 2 cups at a time in a food processor. Return to the pot and heat thoroughly. Add salt, pepper and a dash of maple syrup or sugar to taste. Serves 4. Garnish with capers and fried sage leaves.



**Part used:** Leaves

**Condition:** Dried or fresh

**Ethnic span:** Mediterranean and European cooking

**Method:** Fresh leaves whole or chopped; dried leaves ground

**Storage:** Store dried leaves in airtight jar; fresh leaves can be refrigerated

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## In the Garden...

The soft gray-green leaves of the sage bush are a lovely companion to the herb garden. Transplant this hardy perennial shrub to a sunny place and keep the young plant well watered. After a few weeks it will prefer drier conditions. Prune back your plant every spring after flowering to discourage seed production; you may need to replace your sage every 3 years as it gets woody and straggly.

Harvest sage by snipping entire sprigs from the ends of branches. The first year, harvest once in late summer. After that you can harvest fairly large quantities 2 or 3 times a year and store what you don't use. Sage leaves can even be harvested in the winter.

[www.hort.purdue.edu/newcrop/6pac](http://www.hort.purdue.edu/newcrop/6pac)



Mint family—Labiatae

Northern Mediterranean coast origin

Hardy perennial subshrub

Full sun best

Well-drained, moderately rich soils, pH 6.4 ideal

Keep fairly dry once plants established

Grows to 12–30"

Space 20" apart

Flowers in June

Pink, purple, blue, white blossoms

Propagate by divisions or cuttings