

SAGE



Salvia officinalis

[SAL-vee-uh oh-fiss-ih-NAH-liss]

Names: garden sage, meadow sage, Spanish sage, Greek sage, Dalmatian sage; Salbel, Salbei, echte Salvei (German); sauge (French); salvia (Italian); Salvia (Spanish); Szalwia lekarska (Polish); Alisfakiá, Khamosfka (Greek)

Family: Labiatae

Description: small, rounded shrub with a height of 2 feet and a width of 2 feet. The flowers are violet-blue, pink or white up to 1 3/8 inches long, small, tubelike, clustered together in whorls along the stem tops. The leaves are woolly white, textured, elongated ovals 1-2½ inches. The drier the weather, the grayer the leaf color. Blooms May to June.

Cultivation: A perennial to zone 4-5. Germination is 2-3 weeks. Space 1½ to 2 feet apart. Soil temperature 60-70F. Soil should be well drained, sandy, fairly rich with some nitrogen and a pH of 6-6.5. Sow seeds 6-8 weeks before the first frost. Needs mulch when temperatures drop below 0F. Cut 6-8 inches of top growth from the plant 2 or 3 times a year

(after the first growing season), then dry the bunches in thin layers. Sage leaves are heavy so drying may take from 7-10 days. Seeds difficult to germinate, root cuttings in sand or layer them. Use a light application of fish emulsion in early spring. Set traps to deter pill bugs; use bacillus thuringiensis to kill worms; spray with insecticidal soap to kill mealy bugs.

History: The generic name for sage, *Salvia*, comes from the Latin word meaning "to heal" or "savior". The Greeks called it *elifagus* which became the Greek *spahkos* and later, *sawge* in Old English. The ancient Greeks and Romans first used sage as a meat preservative. They also believe it could enhance memory. Pliny prescribed it for snakebite, epilepsy, intestinal worms, chest ailments, and menstruation promotion. Dioscorides considered it a diuretic and menstruation promoter and recommended sage leaves as bandages for wounds. Around the 10th century, Arab physicians believe sage extended life to the point of immortality. After the Crusades, this belief showed up in Europe where the saying: "Why should a man die who grows sage in his garden?" evolved. Charlemagne ordered sage grown in the medicinal herb gardens on his imperial farms and the French called the herb *toute bonne*, meaning all's well. Every country's herbals recommended sage: an Icelandic book from the year 1000, Hildegard of Bingen, Chinese physicians, Ayurvedic physicians and John Gerard and Nicholas Culpeper. Folk healers in America used sage to treat insomnia, epilepsy, measles, seasickness and intestinal worms. The Eclectics used it primarily to treat fever and also prescribed sage poultices for arthritis and the tea as a sexual depressant. As late as the 1920s, US medical texts recommended sage tea as a gargle for sore throat and sage leaf poultices for sprains and swellings.

English herbalists believed that in the garden, this plant would prosper or wane as the owner's business prospered or failed. It was also said that the plant grows vigorously in any garden where the wife rules the house. It was common, then, for the husband to prune the garden ruthlessly to destroy the evidence of his subservience. In France, it was displayed in cemeteries to mitigate grief.

Properties: aromatic, stimulant, carminative, antispasmodic, antiseptic, immune stimulant

Constituents: Of oil: pinene, camphene, myrcene, limonene, linalool, bornyl acetate, borneol, salviol, camphor, cineole, thujone, phellandrene

Energetics: spicy, astringent, warm

Meridians/Organs affected: lungs, stomach

Nutritional profile: one teaspoon (.7 g) ground sage has 2 calories. It provides 0.1 g protein, 0.1 g fat, 0.4 g carbohydrates, 12 mg calcium, 0.2 mg vitamin C and 41 IU vitamin A

Medicinal Uses: Sage oil has a unique property from all other healing herbs--it reduces perspiration. Several studies show sage cuts perspiration by as much as 50% with the maximum effect occurring 2 hours after ingestion. This effect explains how it developed a reputation for treating fever with profuse sweating. Salysat is a sage-based antiperspirant marketed in Germany. Sage is a drying agent for the body. Use it as a sore throat gargle and as a poultice for sores and stings. Use two teaspoons of the herb per cup of water, steep for twenty minutes and take a quarter cup four times a day. Can also be used as a gargle. It tastes warm, aromatic and somewhat pungent. Tincture: 15-40 drops, up to four times a day.

Like rosemary, sage contains powerful antioxidants, which slow spoilage supporting its traditional use as a preservative. This is due to the presence of labiatic acid and carnosic acid. British researchers have confirmed that

sage inhibits the enzyme that breaks down acetylcholine, thus preserving the compound that seems to help prevent and treat Alzheimer's.

Sage makes a good digestive remedy. The volatile oils have a relaxant effect on the smooth muscle of the digestive tract, while in conjunction with the bitters, they stimulate the appetite and improve digestion. Sage encourages the flow of digestive enzymes and bile, settles the stomach, relieves colic, wind, indigestion, nausea, diarrhea and colitis, liver complaints, and worms. Its antiseptic properties are helpful in infections such as gastroenteritis. Sage is a tonic to the nervous system and has been used to enhance strength and vitality.

It has a tonic effect upon the female reproductive tract and is recommended for delayed or scanty menstruation, or lack of periods, menstrual cramps and infertility. It has an estrogenic effect, excellent for menopausal problems, especially hot flashes and night sweats. It stimulates the uterus, so is useful during childbirth and to expel the placenta. It stops the flow of breast milk and it is excellent for weaning. One German study shows sage reduces blood sugar levels in diabetics who drink the infusion on an empty stomach. It also contains astringent tannins which account for its traditional use in treating canker sores, bleeding gums and sore throats. Commission E endorses using 2-3 teaspoons of dried sage leaves per cup of boiling water to make an anti-gingivitis tea. Recently published studies by a team of scientists from the Department of Microbiology and Chemotherapy at the Nippon Roche Research Center in Kamakura Japan, informed that powdered sage or sage tea helps to prevent blood clots from forming, and is quite useful in the prevention and treatment of myocardial infarction and general coronary pains.

Floral Calm Tea: 4 oz skullcap herb; 2 oz rosemary flower, leaf; 2 oz linden flower; 1 oz sage leaf; 1 oz passion flower herb. Combine 1/2 ounce of the mixture with 3 cups of boiling

water in a teapot or container with a well-fitting lid. Let stand for five to fifteen minutes before straining. Drink 2 ups hot or cold as needed. (The Herbal Menopause Book)

Cyclone Cider Deluxe

¼ cup grated fresh gingerroot

¼ cup chopped onion

¼ cup fresh rosemary leaves

1/8 cup fresh sage leaves

1/8 grated fresh horseradish

4 slices fresh organic lemon

4 slices fresh organic orange

4-6 fresh peeled garlic cloves

2-4 cayenne peppers

apple cider vinegar

honey or maple syrup

Place all herbs, fruits and vegetables into a widemouthed jar. Cover with 2-3 times as much apple cider vinegar. Place plastic wrap over jar and then secure tightly with a lid. Shake daily for 2-4 weeks. Store at room temperature out of direct heat and light. Strain, squeezing all liquid possible out of the herbs. Discard herbs and rebottle the vinegar. Add honey to taste, enough to make a syrupy consistency. Take 1-2 Tbsp as needed, or add to soups, sauces, marinades and dressings.

Sage Throat Spray:

5 fresh sage leaves

8 oz distilled water

5 inch square cheese cloth

8 oz amber glass bottle with spray-top

Place sage in a small glass bowl. In a small, nonmetal pot with a tightly fitting lid, bring the distilled water to a boil. Pour the boiling water over the sage. Cover and steep for 10 minutes. Place the cheese cloth in a fine-gauge sieve. Strain the infusion into the spray bottle and discard the spent herb. For swollen, inflamed throat apply the spray every 2 hours. Can be stored in refrigerator for 3 days. (The Healing Kitchen)

Homeopathic: Homeopaths use sage for night sweats, coughs, and to dry breast milk.

Flower Essence: Sage flower essence enables the Self to learn and reflect about life experience, particularly enhancing the capacity to experience deep inner peace and wisdom. This remedy addresses a natural distillation process which occurs as the healthy person ages. Drawing wisdom from life experience; reviewing and surveying one's life process from a higher perspective.

Aromatherapy Uses:

Extraction method: steam distillation of the dried plant.

Characteristics: strong, herbal, fresh and spicy; colorless. Top note.

Energy: heating, drying; Taste: pungent, bitter, astringent

Dosha effect K V-, P+

Blends well with: bay, bergamot, geranium, ginger, lavender, melissa, myrtle, niaouli, orange, rosemary; cajeput; clary sage; eucalyptus; peppermint, pine, rose, tea tree, citrus, rosewood, citronella, pine

Toxicity: Since the oil contains up to 50% ketone, a toxic substance that causes cramps, it should not be taken orally.

Uses: Digestive system: helpful for weak or debilitated digestion, also good for diarrhea

Respiratory: strengthens the lungs and is useful for colds, flu, coughs and sore throats.

Reproductive: Promotes menstruation and is helpful for scanty periods or menstrual cramps. Eases hot flashes and sweating during menopause

Muscular System: relaxes the muscles, especially when they have been overworked as in weight-training or other strenuous sports.

Skin: Good for cuts and wounds; seems to arrest bleeding from cuts and wounds and helps the formation of scar tissue.

Emotion: Quickens the senses, strengthens the memory and tones the conscious mind. Indicated for tiredness, depression and grief

Blends:

Digestive: 6 drops sage; 4 drops peppermint; 2 drops orange

Respiratory: 5 drops sage; 4 drops eucalyptus; 2 drops thyme

Reproductive: 6 drops sage; 3 drops geranium; 3 drops cypress

Emotion: 4 drops sage; 2 drops bergamot; 2 drops lime

Cosmetic Use: Sage is recommended for oily skin as a deep cleansing mask or a facial steam. It's a tooth cleaner or works well with apricot and banana as a lip balm. It's recommended for dry/sensitive hair; anti-dandruff; added shine and luster; color enhancer for dark and grey hair. It's a refreshing and deodorizing footbath.

For an aftershave: Buy two bottles of plain witch hazel. Pour ½ cup liquid out of one of the bottles, and 1/4 cup crumbled sage leaves. Cap the bottle and shake it thoroughly. Let it stand for a week, pour out all the witch hazel in the second bottle, and strain the scented liquid from the first bottle into the second through a coffee filter or a clean linen handkerchief. Discard the wet sage leaves. If you prefer a stronger scent, repeat the process, adding another ¼ cup crumbled dried sage leaves to the liquid. At the end of the second week, strain the liquid back into the empty witch hazel bottle, discard the sage leaves and the empty bottle and use the liquid as an astringent aftershave.. Sage tea can be used as an after-shampoo rinse to make brunette hair shiny and smooth. To make the rinse, pour 1 cup boiling water over 1 tablespoon rubbed or ground sage. Let the mix steep for 15 minutes. Then strain the liquid through a coffee filter or a clean linen handkerchief; use after shampooing.

Rosemary-Wheat Germ Body Toner

1/2 cup water, 2 Tbsp chopped sage leaves, 2 Tbsp chopped rosemary leaves; 1/4 cup wheat germ; 1/2 cucumber (do not peel); 1/4 russet

potato; 1 Tbsp alfalfa sprouts; 1 tsp lemon extract

Bring water, sage, and rosemary to a light boil; reduce heat and simmer infusion for 1/2 hour. Let cool and, in a blender, mix infusion with remaining ingredients together on medium speed for 1 minute, or until pureed. Filter solution through a paper towel or coffee filter, discarding solids. Put liquid into a small cosmetic bottle and apply to face, gently wiping with a cotton ball. Let toner absorb into skin and follow with a moisturizer. Use daily. Cover and refrigerate; discard after 3-4 days. (Blended Beauty)

Black Tea Body Masque with Almond and Peppermint

1 1/4 cups water, 2 black tea bags, 1 Tbsp chopped sage leaves; 1 Tbsp thyme leaves; 1/2 packet unflavored gelatin; 1/2 tsp honey; 1/4 tsp almond extract; 1/2 tsp peppermint extract

Bring the water to a boil in a saucepan; immerse the tea bags, sage and thyme in it, reduce heat and simmer for 25 minutes; remove from heat and cool slightly. Stir in gelatin, honey, and extracts. Let sit in refrigerator for 8-12 hours or until firm (it should have a gelatinous consistency). Apply to the body, smoothing mixture evenly over skin. Leave on for 15 minutes, then rinse with warm water. Makes 1 cup. For entire body, double the recipe. Cover and refrigerate; discard after 5 days. (Blended Beauty)

Hair Color: Make an infusion of a handful of "tops" or the dried leaves in 1 pint of boiling water and let stand for 10 minutes before straining. Massage into scalp and hair after shampooing. Let dry on and afterwards massage in a little coconut oil if the hair is dry.

Sage Stain-removing Powder

2 Tbsp fresh sage leaves; 2 Tbsp sea salt

Put the ingredients in a bowl and using a pestle or some other heavy smooth tool, crush them into a fine powder. Place the mixture in a warm oven. When it is well baked and fairly hard, remove and pulverize a second time. Store in a shallow airtight container. This

cleanser rids the teeth of harmful plague and unsightly stains.

Deodorizing Herbal Foot Bath

2 Tbsp rosemary, 2 Tbsp pennyroyal, 2 Tbsp sage, 2 Tbsp angelica, 2 Tbsp juniper berries, 2 pints boiling water. Put all the ingredients in the boiling water, cover and leave to stand for one hour. Strain, bottle and refrigerate. Pour half a pint of liquid into a foot-basin partially filled with warm water. Immerse your feet in the soak for fifteen to twenty minutes. Pat dry and apply a cologne or astringent. (The Natural Beauty Book)

Sage Lip Cream: 4 tsp sweet almond oil, 1 tsp shredded beeswax, 2 tsp dried sage, 4 tsp warm rosewater, 5 drops sage oil. Put the almond oil and the beeswax together in a double boiler and simmer slowly until they have melted and mixed. Add the dried sage, stir, cover and allow to simmer for five minutes. Remove from the heat and leave to steep for two hours. Return the mixture to a low heat, strain and whip in the rosewater. Continue blending for several minutes. Remove from the heat, add the sage oil and keep stirring until the salve thickens and cools. Pot and label.

Ritual Uses: Gender: Hot. Planet: Jupiter. Element: Earth. Part Used: herb. Basic Powers: Healing, Prosperity. Add to healing and prosperity sachets, incenses, and amulets. It absorbs negativity and misfortune. It drives away disturbances and tensions, and lifts the spirits above the mundane cares of life. Burn it to consecrate a ritual space. Carry it as an herb of protection. Use it in the ritual bath and the chalice. Herb of Jupiter. It brings wisdom, immortality and wealth. Tradition holds that those who eat sage become immortal in wisdom and in years. It is used in wish manifestation and to attract money. The Language of Flowers: domestic virtues; esteem; long life and good health

Culinary Uses:

Fresh sage has a milder flavor than dry so it can be used more extensively. In Italy, fresh sage leaves are fried whole and eaten with gnocchi,

potatoes and veal dishes. Focaccia is frequently studded with fresh sage leaves. In England, fresh sage and onion stuffing is traditional with goose and chopped fresh sage is mixed with cottage cheese to spread on dark bread. Sage honey is marvelous over homemade bread and muffins. Stir chopped fresh sage into biscuit dough and add it to dumplings and scones. Lay cut branches of sage on top of hot coals to impart a sage flavor to the cooking food. Spread fresh leaves over a pork roast before cooking. Use it to cut the richness of fatty foods such as goose, duck and oily fish. Fresh sage has a prominent lemon zest flavor that is lost when the herb is dried. Fresh sage can be frozen: place small sprigs in plastic bags and freeze. It will keep for up to two months.

Tastes good with/in: poultry stuffing mixtures with onion, rich and fatty meats such as goose and pork, sausages and other charcuterie, veal, risotto, anchovies, tomato-based sauces, salads, pickles and cheese dishes. An affinity with oregano, thyme, parsley and bay leaf.

Recipes:

Sage Liqueur

12-14 fresh sage leaves or 4 tsp dried or 2 tsp ground
2 whole cloves
sliced and scraped peel of one lemon
1½ cups dry white wine
1 ¼ cups vodka
1 cup sugar syrup

Lightly crush the sage leaves, add the clove and lemon peel to the white wine and vodka for 2 weeks. Strain and filter; add the sugar syrup. Mature 4-9 weeks.

Sugar Syrup

1 cup white granulated sugar and ½ cup water
Bring to a boil, and stir until all the sugar is dissolved and the mixture is clear. Always cool before adding to alcohol mixture. (Homemade Liqueurs)

Sage Wine

1 gallon water
6 quarts chopped sage leaves

6 lbs chopped raisins

Boil the water and pour it onto the sage and raisins. Let it stand for 6 days, stirring 2 or 3 times daily. Strain and press the liquor from the ingredients, then cask it for 6 months before bottling. (Mastering Herbalism)

Sage Flower Pesto

2 cups sage flowers
1/4 cups walnuts, roasted
1/2 cup walnut oil
1 clove garlic, peeled
4 green onion, white part only, coarsely chopped

Process all ingredients in processor until smooth. Good on pasta or as an accompaniment to roast pork or veal.

Sage Stuffed Trout

4 fresh trout, 6-8 ounces each, boned and cleaned, heads and tails left on
20 small sprigs fresh sage
salt and pepper to taste
2 Tbsp unsalted butter
4 Tbsp safflower oil
juice of 1/2 lemon
4 large bay leaves
4 sprigs fresh flat-leaf parsley
4 large fresh basil leaves
4 small sprigs fresh rosemary
4 sprigs fresh mint
1/2 cup gin

Stuff each trout with 4 sprigs of sage. Sprinkle with salt and pepper to taste. Tie trout with a bit of butcher string to hold closed. In a large sauté pan, heat the butter and oil. Sauté the trout over medium-high heat for 5 minutes. Turn and cook for another 5 minutes or until done when flaked with a fork. Squeeze on lemon juice. Place trout on a flameproof platter; pour the juices over the fish. Arrange the remaining sage and the other herbs over the fish. Heat the gin in a small pan over low heat. Pour the gin over the fish and herbs; flame with a match. Serve the trout with the flamed herbs immediately. (Kitchen Herbs)

Salviata (Sage Pudding)

6 eggs, lightly beaten

1 Tbs all-purpose flour

1/4 cup chopped fresh sage leaves
1 small clove garlic, finely chopped
3 Tbs freshly grated Parmesan cheese
2 Tbs heavy cream
Salt and freshly ground pepper to taste
1 Tbs extra-virgin olive oil

Combine the eggs and flour in a mixing bowl and beat to incorporate. Stir in the remaining ingredients except the olive oil. Grease a 6-inch round baking dish with the olive oil and pour in the egg mixture. Bake in a preheated 325F oven for about 30 minutes, until risen and set but still soft. Serves 4 to 6.

Pasta E Fagioli

1 1/2 pounds white beans
1/3 cup olive oil
1 1/2 tsp salt
1 large onion, diced
8 garlic cloves, chopped
8 oz small dried pasta
5 cups vegetable stock or water
1/3 cup tomato paste
3 Tbsp chopped fresh sage or 2 tsp crumbled dried sage
3 Tbsp chopped parsley
salt and freshly ground pepper
6 sage leaves
2-3 parsley sprigs
olive oil
freshly grated parmesan

Soak the beans overnight. Pour off the soaking water and transfer the beans to a large soup pot. Cover the beans with 1 inch of water. Add 3 tablespoons of the olive oil. Cook the beans until they are tender, about 1 hour, adding 1 1/2 teaspoons salt at the end of the cooking time. While the beans are cooking, soften the onion and garlic in the remaining olive oil over moderate heat. Bring abundant, well-salted water to a boil. Cook the pasta barely al dente and drain it. Stir the pasta, onion, and garlic into the beans. Add the vegetable stock and the tomato paste and simmer over low heat for about 5 minutes. Add the chopped sage and parsley to the soup. Cook over low heat for 10 minutes. Adjust the

seasoning with salt and pepper. Chop the sage and parsley leaves together for garnish. Ladle the soup into warm soup plates or bowls. Garnish with the herbs. Pass the olive oil and the grated cheese (Herbs in the Kitchen)

Sage Crusted Lemon Sole

1 cup sage flowers, finely chopped
12 small mushrooms, finely chopped
¾ cup parsley, finely chopped
1 Tbsp lemon zest, finely chopped
1/3 cup bread crumbs, processed to a fine consistency
1 egg
6 Tbsp sweet (unsalted) butter, softened to room temperature
salt
freshly ground black pepper
2 Tbsp olive oil
4 lemon sole fillets

Mix the flowers, mushrooms, parsley, lemon zest, crumbs, egg, butter, salt and pepper in a nonmetallic bowl. Preheat the broiler. In a heavy, cast-iron (or all metal--no plastic handles) frying pan, heat the oil until hot (not smoking). Add the fillets and cook them about 2 minutes on each side, just until lightly browned. Season with salt and pepper, if desired. Spoon the crust mixture onto the fish. Smooth to evenly cover each fillet. Place the frying pan about 12 inches under the broiler and cook until the crust is crisp and lightly browned. Be careful not to burn it. (Edible Flowers from Garden to Palate)

Italian Braised Beef

3-4 pounds beef chuck roast
1 large onion, chopped
2 Tbsp olive oil
24 oz tomato sauce
4 ripe tomatoes, chopped or 1 can Italian plum tomatoes (28 oz)
1 cup water
½ tsp ground allspice
2 Tbsp chopped fresh marjoram
1 Tbsp chopped fresh sage
2 tsp chopped fresh thyme
6 cloves garlic, crushed
¼ cup chopped parsley

½ lb fresh mushrooms, sliced
salt and pepper to taste

In a large Dutch oven or deep ovenproof skillet, slowly brown meat and onion in olive oil on top of stove or in oven at 450F. Turn over to brown both sides. Add tomato sauce, tomatoes, water, allspice, marjoram, sage, thyme, garlic and parsley (reserve some parsley for garnish). Cover and cook on top of stove over low heat or in oven at 300F for 1 1/2-2 hours. Meat should be very tender. Add more water if necessary. When meat is tender, skim off any excess fat. Add mushrooms and continue to simmer for 15-20 minutes. Remove meat from pan and let rest 10-15 minutes. Slice meat and serve with sauce over macaroni, rigatoni or rice. Garnish with reserved parsley. Substitute Chianti or Zinfandel for 1 cup water for extra flavor in sauce. (Southern Herb Growing)

Scalloped Cabbage and Cheese

4 cups shredded cabbage
2 Tbsp butter or margarine, melted
1½ Tbsp flour
½ tsp salt
1 cup milk
¼ tsp ground sage
1 cup shredded cheddar cheese
2 cups soft bread crumbs
¼ cup butter or margarine, melted

Boil cabbage for 5 minutes. Drain well and set aside. Combine 2 tablespoons melted butter, flour and salt in a saucepan. Cook over low heat, stirring constantly, until bubbly. Gradually add milk. Cook, stirring constantly, until smooth and thick. Place a layer of cooked cabbage in the bottom of a greased 1½ quart baking dish. Sprinkle the sage evenly over the cabbage. Sprinkle the cheese over the cabbage. Pour the white sauce over the cheese. Combine bread crumbs and ¼ cup melted butter. Sprinkle crumbs over casserole. Bake at 350 for 30 minutes. Do not brown. (The Best of Thymes)

Sage Stuffed Acorn Squash

6 medium acorn squash--cut in ½ and seeded
1 cup dry breadcrumbs

1 cup cornbread crumbs
½ minced onion
1 cup milk
1 egg beaten
2-3 Tbsp minced fresh sage
¼ cup olive oil (flavored if possible)

Place squash cut side down in pyrex type dish. Add about ½"-1" water and bake at 350F for 1 hour or until tender (microwave 20-25 minutes). Cool somewhat. Scoop out squash leaving shell. Combine squash pulp and all ingredients except olive oil. Mix well. Spoon back into shell. Drizzle with oil and bake additional 15 minutes. Serves 12. Can easily be cut down. (The Herbal Connection Collection)

11 Secret Herbs And Spices(KFC Copycat)

Recipe

1 tsp rubbed sage
1 tsp celery salt
1 tsp chili powder
1 tsp ground allspice
1 tsp basil leaves, crushed
1 tsp black pepper
1 tsp marjoram leaves, crushed finely
1 tsp garlic powder
1 tsp ground oregano
2 Tbsp paprika
1 Tbsp onion salt

Combine all ingredients as listed in a small jar with a tight fitting lid. Shake mixture to mix. Stores for months. Keep out of direct sunlight, heat & humidity. (Makes about 1/3 c)
To Use: Mix together 4 tsps mixture, 1 cup flour, 2 Tbsp. packed light brown sugar & 1 tsp salt. Place in a doubled plastic food bag & add chicken to coat.

7 Herb Frittata

5-6 Eggs
1 tablespoon butter
1 tablespoon shallot, diced finely
1 teaspoon mint, chopped
1 teaspoon basil, chopped
1 teaspoon parsley, chopped
1 teaspoon thyme, chopped
1 teaspoon oregano, chopped

1 teaspoon marjoram, chopped
1 teaspoon sage, chopped
1 teaspoon amarella, chopped
1 tablespoon plain yogurt
1 pinch salt

Preheat the oven to 325 degrees F. Sweat the shallots in a skillet on low heat in a bit of butter until soft. Beat the eggs and add the herbs and yogurt. Add the mixture to the skillet and on low heat, scramble briefly with a wooden spoon. Cover the pan and transfer it to the oven for about 7 minutes. Remove the lid at the end if the top hasn't set. Remove from the oven and cut into wedges. Serve warm or cold, garnished with herbs. Serves 4.

Sage Oatcakes

1 oz butter
½ cup boiling water
3 cups oatmeal
1 Tbsp fresh sage, or ½ tsp dried
½ tsp baking soda
1 tsp salt, approximately

Preheat the oven to 350F. Melt the butter in the boiling water. Allow to cool. Mix the oatmeal, sage, baking soda, and salt in a bowl. Add the cooled liquid to the dry mix and stir to form a soft dough, adding more water if necessary (if the mixture doesn't stick together, the cakes won't). Put the dough into a round bottomless pan about 8 inches in diameter (a springform pan works well). Place on an ungreased baking sheet and bake 40 minutes. Cut into 8 wedges and let cool. (The Herbal Epicure)

Mousseline of Goose and Wild Turkey

1½ lb fresh goose breast
1 lb wild turkey breast
4 oz cognac
1 oz ground cumin
2 oz goat milk
½ oz worcestershire sauce
1 serrano pepper, minced
1 Tbsp dark soy sauce
1 Tbsp fresh opal basil, chopped
1 Tbsp fresh tarragon, chopped
1 Tbsp fresh sage, chopped

1 Tbsp fresh Mexican mint marigold, chopped
 Hot pepper sauce to taste
 Salt and Szechwan pepper to taste
 2 oz fat back
 2 oz reduced fowl stock
 ¼ oz sea salt
 2 garlic cloves, crushed
 ½ oz dry mustard
 ½ oz tumeric
 1 oz chili powder
 2 eggs
 1 Tbsp yellow peppers, diced
 1 Tbsp brown Holland pepper, diced
 chicken broth to fill large stock pot

Remove the skin from goose and turkey breast. Cut meat into large diced pieces. Place goose and turkey meat in large bowl. Add cognac, cumin, goat milk, worcestershire sauce, serrano pepper, soy sauce and fresh herbs. Season with hot pepper sauce, Szechwan pepper and salt to taste. Cover bowl. Allow meat to marinate in refrigerator for 24 hours.

Remove meat from marinade and add meat to food processor bowl. Puree meat. Add diced fat back, reduced fowl stock, sea salt, garlic, dry mustard, turmeric, chili powder and eggs. Process until ingredients are pureed or for approximately one minute. Remove puree from processor bowl to large mixing bowl. Fold in diced peppers.

Roll cheesecloth around mixture and tie ends off with butchers twine. Fill a large stockpot with chicken broth. Heat chicken stock. Poach the mousseline roll in stockpot for approximately one hour. Remove from stock and let cool. Slice and serve either warm or cold. (Culinary Herb Festival Cookbook Vol 1)

Sage-Onion Corn Bread

3 Tbsp vegetable oil, preferably canola
 ¾ cup chopped yellow onion
 1 tbsp minced fresh sage leaves
 1 ¼ cups yellow cornmeal
 1 cup unbleached all-purpose or whole wheat pastry flour
 2 tsp baking powder
 ½ tsp baking soda
 ½ tsp salt

1 Tbsp honey
 1 large egg
 1 ¼ cups buttermilk

Preheat the oven to 400F. Grease an 8-inch square baking pan or coat with a nonstick cooking spray. Heat the oil in a small skillet over medium high heat, add the onion and sage, and cook, stirring occasionally, until the onion is transparent, about 5 minutes. While the onion is cooking, combine the cornmeal, flour, baking powder, baking soda, and salt in a large bowl. In a small bowl, combine the honey, egg, and buttermilk, whisking until thoroughly mixed. Stir the onion-sage mixture into the buttermilk mixture. Add the buttermilk mixture to the flour mixture, stirring just until combined. Pour the batter into the prepared pan and bake until golden brown and a toothpick inserted in the center comes out clean, 20-25 minutes. Let cool for 10 minutes before cutting and serving. This is best served fresh. (Recipes from an American Herb Garden)

Cornmeal Sage Biscuits

1¼ cups white flour
 ¾ cup yellow cornmeal
 2 tsp baking powder
 ¼ tsp baking soda
 1/8 tsp freshly ground pepper
 1¾ tsp minced fresh sage or ¾ tsp crumbled dry sage
 4 Tbsp margarine or vegetable oil
 2/3 to ¾ cup apple juice
 1 egg white, lightly beaten
 14 small, fresh sage leaves or 30 very small ones.

Combine first 6 ingredients in a medium bowl; cut in margarine with pastry blender or two knives until pieces are the size of peas. With a fork, lightly stir in 2/3 cup of juice until dough is moistened and pulls away from sides of bowl. If it seems too dry, add a bit more apple juice. Dump dough onto lightly floured board and roll lightly to ¾ inch thickness. Fold in thirds, roll lightly, and fold in thirds again. Roll out to ½ inch thickness. Cut into rounds with 1½ inch or 2 inch cookie cutter. Gather cuttings, reroll lightly and cut

more biscuits. Place biscuits, touching, on a cookie sheet. Dip each sage leaf lightly in the egg white and place one on top of each biscuit. Bake at 425F 12 minutes or until lightly browned. Serve with chutney or a wild grape jelly or filled with tiny, thinly sliced pieces of turkey or with turkey salad. (Sage Cottage Herb Garden Cookbook)

Cheddar, Sage and Walnut Torta

½ lb cream cheese, softened
3 Tbsp fresh sage leaves, plus some leaves for garnish
½ lb sharp cheddar cheese, shredded
1 c walnuts, chopped fine

Put cream cheese in food processor with chopped sage. Blend. Line a 2-cup mold (a 12-ounce Cool Whip container could be used) with a double thickness of cheesecloth. Arrange the whole leaves in a decorative pattern on the bottom of the mold. Add half the cream cheese mixture. Then add a layer of shredded cheese, smoothing out the layers and pressing down slightly. Add walnuts, again pressing lightly. Smooth the remaining cream cheese over the walnuts. Fold the cheesecloth over the top of the layers and press lightly. Refrigerate overnight. To unmold, fold back the top of the cheesecloth. Invert a serving plate and flip the torta. Lift off the mold and carefully remove the cheesecloth. Can be garnished with walnut halves. (The Charlotte Herb Guild Cooks)

Pumpkin Soup with Sage Flowers

2 onions, chopped 3 garlic cloves, peeled and cut into slivers
1 Tbsp sunflower oil
3 tomatoes, skinned and chopped
1 lb pumpkin, peeled, sliced and seeds removed
1 Tbsp tomato paste
sea salt and black pepper
1½ pt vegetable stock
3 sprigs flowering sage

Put the onions, garlic and oil in a heavy saucepan and heat gently for 3-4 minutes. Add the tomatoes and pumpkin, stir in the tomato paste and season to taste. Cook for 3-4 minutes, stirring continuously. Add the stock, stir well and cook for a further 5-10 minutes,

until the pumpkin is tender. Stir in most of the sage flowers, then puree the soup and serve garnished with fresh sage flowers (Cooking with Flowers)

Rice Fritters with Sage Flowers

1 cup cooked white rice
1 cup cooked wild rice
3 Tbsp finely minced onion
2 Tbsp unbleached flour
1 tsp baking powder
2 Tbsp parmesan cheese
2 extra-large eggs
salt and pepper
about ½ cup sage blossoms
oil for frying

In a mixing bowl, combine the white and wild rices with the onion and toss well to mix. Sprinkle the flour, baking powder, and parmesan over the rice mixture and toss well. Heat a griddle with about 2 teaspoons oil over medium heat. Beat the eggs in a small bowl with some salt and pepper and stir into the rice mixture. Add the sage blossoms and toss lightly. For each fritter, drop about 2 tablespoons of the mixture onto the hot griddle, pressing down on the top to flatten it a bit. Cook about 2 minutes on each side, or until a nice golden brown. Serve immediately. (Flowers in the Kitchen)

Fresh Shiitake and Sage Pasta Sauce

3 Tbsp melted ghee or vegetable oil
½ cup thinly sliced shallots
¼ lb julienned shiitake mushrooms
salt and freshly ground pepper
salt and freshly ground pepper
¼ cup soup stock
1½ cups cream
1 Tbsp sage Pesto
¼ to ½ tsp lemon juice

In a large skillet, sauté the shallots in ghee or oil very slowly for about 10 minutes. Do not let them brown. Add the shiitakes, salt and pepper and continue sautéing, stirring frequently. Add the soup stock, a little at a time, as you sauté. Pour in cream and simmer very slowly until sauce is reduced by half

(about 15-20 minutes), stirring frequently. Add sage pesto and lemon juice to taste. Serve hot.

Sage Pesto

½ cup fresh sage leaves
1½ cups fresh parsley leaves
2 large garlic cloves
½ cup grated Parmesan cheese
½ cup pine nuts or walnuts
½ cup olive oil
salt and freshly ground pepper to taste

Combine the sage, parsley, garlic, cheese and nuts in a food processor or blender. Process to mix. With the machine running, slowly add the olive oil. Season to taste with salt and freshly ground pepper and process to the desired consistency. Let stand for 5 minutes before serving. (Herbs for Health and Healing)

Roasted Potatoes with Fresh Sage and Rosemary

4-6 large Idaho potatoes, or 10-12 red potatoes, peeled and cut into ¾ inch cubes
1 cup extra virgin olive oil
1 whole head garlic, separated into cloves but left unpeeled
3 sprigs fresh rosemary, leaves only
1 bunch fresh sage leaves (¾ cup loosely packed)
salt
freshly ground pepper

Soak the potato cubes in a bowl of ice water until you are ready to cook them. Preheat oven to 400F. Heat the olive oil in a heavy skillet over high heat. Thoroughly dry the potatoes and place them in the hot oil. Cook the potatoes, searing them on all sides, and tossing them to keep them from sticking. When the potatoes are lightly colored, add the garlic, stir well, and cook for 2 more minutes. Remove from the heat and put the potatoes, oil, and garlic into a baking pan that can accommodate all of the potatoes in one layer. Scatter the rosemary and sage leaves on top of the potatoes. Season liberally with salt and freshly ground pepper. Roast for about 40

minutes, stirring occasionally until golden brown. Remove the potatoes with a slotted spoon and serve immediately. (The Tribeca Cookbook)

Wild Mushroom Soup with Sage

¼ lb oyster mushrooms
¼ lb shiitakes
1 ½ lbs white button mushrooms
1 tsp extra virgin olive oil
1 small carrot, shredded
2 shallots, minced
1 garlic clove, peeled and chopped
2 tsp chopped fresh sage
1 scallion, green and white parts, chopped
2 tsp chopped fresh parsley plus 6 small sprigs for garnish
2 cups chicken broth
¼ tsp cayenne
salt and freshly ground black pepper
2 Tbsp dry white wine

Clean and chop all the mushrooms, keeping the oyster and shiitake pieces separate from the button mushrooms. In a large saucepan, heat the oil over low heat. Add the oysters and shiitakes, carrot, shallots, garlic, sage, scallion, chopped parsley, and ½ cup of the chicken broth. Cook slowly until all the vegetables are soft, about ½ hour. Add the remaining chicken broth, the button mushrooms, and the cayenne. Bring to a boil, then reduce heat and simmer until the mushrooms are soft, about 15 minutes. Purée the soup in a food processor or blender, season with salt and pepper to taste, and return to the soup pot. Reheat until the soup is hot but not boiling. Add the wine, transfer the soup to heated soup bowls, and garnish with a sprig of parsley. (Mushrooms Love Herbs)

Chilled Sage Blossom and Cucumber Soup

4 cups chopped cucumber
2 cups water
½ cup of fresh sage blossoms
1 Tbsp honey
2 cups yogurt
2 Tbsp fresh parsley

Peel the cucumber, remove the seeds and chop into pieces. Add the cucumber, water

and sage blossoms to a blender and purée until smooth. Transfer to a bowl, and add the honey, yogurt and parsley. Mix well and chill at least ½ hour before serving. Garnish with sage blossoms. (An Herbal Feast)

Sage Oatcakes

1 oz butter
½ cup boiling water
3 cups oatmeal
1 Tbsp fresh sage, or ½ tsp dried
½ tsp baking soda
1 tsp salt, approximately

Preheat the oven to 350F. Melt the butter in the boiling water. Allow to cool. Mix the oatmeal, sage, baking soda, and salt in a bowl. Add the cooled liquid to the dry mix and stir to form a soft dough, adding more water if necessary (if the mixture doesn't stick together, the cakes won't). Put the dough into a round bottomless pan about 8 inches in diameter (a springform pan works well). Place on an ungreased baking sheet and bake 40 minutes. Cut into 8 wedges and let cool. (The Herbal Epicure)

Whole Wheat Crackers with Herbs

3 ¼ cups 100% whole wheat flour
¾ tsp kosher salt
⅓ cup extra virgin olive oil
1 cup water
kosher salt for sprinkling
2-3 springs fresh thyme, minced
5-6 fresh sage leaves, minced
2-4 sprigs rosemary, minced

Preheat the oven to 350 degrees F. In a medium bowl, stir together the whole wheat flour, ¾ tsp teaspoon salt and minced herbs. Pour in the olive oil and water; mix until just blended. On a lightly floured surface, roll out the dough as thin as possible - no thicker than 1/8 inch (the thinner the better). Place dough on an ungreased baking sheet lined with parchment paper, and mark squares out with a knife, but don't cut through. Prick each cracker with a fork a few times, and sprinkle with salt.

Bake for at least 20 minutes in the preheated oven, or until crisp and light brown. Baking time may be different depending on how thin your crackers are. When cool, remove from baking sheet, and separate into individual crackers.

Butter and Sage Sauce

4 servings
Pasta, of choice
4 tablespoons butter
8 sage leaves
1/2 lemon, juiced
1/4 cup grated Pamigiano-Reggiano

While your pasta cooks, melt butter in a 12 to 14-inch saute pan and continue cooking until golden brown color appears in the thinnest liquid of the butter. Add sage leaves and remove from heat. Add lemon juice and set aside. Drain the pasta, but leaving some cooking water, and gently pour into saute pan and return to heat. Add the cheese, toss to coat and serve immediately.

Spaghetti Squash with Soft Herbs and Robiola

Yield: 8 to 10 side-dish servings
2 small spaghetti squash (about 2 ¼ pounds each)
¼ cup (1/2 stick) unsalted butter
6 ounces fresh soft Robiola cheese or cream cheese, cut into 1/2-inch cubes
2 tablespoons finely chopped fresh basil
2 tablespoons finely chopped fresh chives
2 tablespoons finely chopped green onions (white and about 2 inches of the greens)
2 tablespoons finely chopped fresh parsley
2 tablespoons finely chopped fresh sage
Salt
Freshly ground black pepper

Preheat the oven to 375 degrees. Using a sharp knife, cut each squash in half lengthwise. Place them, cut side down, in a large baking dish. Add enough water to reach 1/2 inch up the sides of the dish, and cover with aluminum foil. Bake for 45 minutes or until the squash can be easily pierced with a paring knife. Turn the squash over, cover with foil

again, and bake for another 15 minutes, until very tender. Uncover and allow to cool slightly. Using a spoon, remove and discard the seeds. Using a fork, gently pull the strands of squash away from the peel, and place the squash strands in a mixing bowl. In a 14-inch skillet, heat butter over medium-high heat until it is foaming. Add the cheese and stir to melt. Add the spaghetti squash, basil, chives, green onions, parsley, sage and salt and pepper to taste. Toss thoroughly but gently to heat and combine. Serve immediately or at room temperature. Per serving (based on 10): 130 calories; 11g fat; 6g saturated fat; 30mg cholesterol; 2g protein; 6g carbohydrate; 3g sugar; 1g fiber; 70mg sodium; 40mg calcium.

Sage Buck

1 serving
4 pink peppercorns
1/2 ounce simple syrup
1 1/2 ounces sage-infused Scotch (such as Benromach 12-year), see note
1/2 ounce fresh lemon juice
1/2 ounce pear liqueur (such as Mathilde Poire)
1/2 ounce apple brandy (such as Calvados)
2-3 ounces ginger beer

Muddle pink peppercorns with 1/2 ounce simple syrup in a shaker. Add ice. Add sage-infused Scotch, lemon juice, pear liqueur and brandy. Shake madly. Fill Collins glass with ice; pour Scotch mixture over and top with ginger beer. Garnish with a smacked sage leaf (slap the leaf in your palms to release the essential oils).

Note: To infuse Scotch with sage, put sage leaves with desired amount of Scotch and let infuse for at least two days. For a faster method that will decrease the alcohol content slightly, steep sage and Scotch on low heat for about 10 minutes; strain and let cool.

Penne and Sage

1 pound penne pasta
1 egg
2 tablespoons all-purpose flour
Salt and ground black pepper
12 large fresh sage leaves
4 tablespoons butter

1/3 cup pine nuts

1 cup grated Parmesan cheese

Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions. Reserve 1/4 cup of the cooking water, then drain the pasta, return it to the pot, cover and set aside. Meanwhile, in a small bowl, lightly beat the egg. Place the flour in a second bowl, then mix a bit of salt and pepper into it. One at a time, dunk each sage leaf first in the egg, then in then in the flour. Shake off any excess flour, then set aside. In a small skillet over medium-high, melt the butter. When it just starts to bubble, add the sage leaves and fry for 1 to 2 minutes per side, or until lightly browned. Transfer to a plate and set aside. Add the pine nuts to the skillet and toast in the butter that remains in the pan for 1 minute. Drizzle the butter and pine nuts over the cooked pasta. Sprinkle in the Parmesan and use tongs to toss until melted. While tossing, drizzle in just enough of the reserved pasta cooking water to create a thick sauce. Season with salt and pepper. Divide between serving plates, then top each portion with fried sage leaves. Start to finish: 20 minutes

References:

Aromatherapy Blends and Remedies, Franzesca Watson, Thorsons, 1995; ISBN: 0-7225-3222-9
The Best of Thymes, Marge Clark, Thyme Cookbooks, 1997; ISBN: 0-9640514-1-9
Blended Beauty, Philip B, Ten Speed Press, 1995, ISBN: 0-89815-742-0
The Charlotte Herb Guild Cooks, Cookbooks by Morris Press
The Complete Aromatherapy Handbook, Susanne Fischer-Rizzi, Sterling, 1990; ISBN: 08069-8222-5
The Complete Book of Herbs, Spices and Condiments, Carol Ann Rinzler, Facts of File, 1990, ISBN 0-8160-2008-6
The Complete Woman's Herbal, Anne McIntyre, Henry Holt, 1994; ISBN: 0-8050-3537-0
Cooking with Flowers, Jenny Leggatt, Fawcett, 1987; ISBN: 0-449-90252-8

The Directory of Essential Oils, Wanda Sellar, C.W. Daniel, 1992; ISBN: 0-85207-239-2
A Druid's Herbal, Ellen Evert Hopman, Destiny Books, 1995, ISBN: 0-89281-501-9
Edible Flowers from Garden to Palate, Cathy Wilkinson Barash, Fulcrum, 1993; ISBN: 1-55591-164-1
Flower Essence Repertory, Patricia Kaminski & Richard Katz, 1996; ISBN: 0-9631306-1-7
Flowers in the Kitchen, Susan Belsinger, Interweave, 1991; ISBN: 0-934026-63-7
The Green Pharmacy, James A. Duke, Rodale, 1997; ISBN: 0-87596-316-1
The Healing Herbs, Michael Castleman, Rodale, 1991, ISBN: 0-87857-934-6
The Healing Kitchen, Patricia Stapley, Macmillan, 1996; ISBN: 0-02-860394-X
The Herbal Connection Collection, Maureen Rogers & Patricia Sulick, The Herb Growing & Marketing Network, 1994
The Herbal Epicure, Carole Ottesen, Ballantine, 2001; ISBN: 0-345-43402-1
An Herbal Feast, Risa Mornis, Keats, 1998, ISBN: 0-87983-801-9
The Herbal Menopause Book, Amanda McQuade Crawford, Crossing Press, 1996; ISBN: 0-89594-799-4
Herbs for Health and Healing, Kathi Keville, Rodale, 1997; 0-87596-293-9
Herbs in the Kitchen, Carolyn Dille & Susan Belsinger, Interweave, 1992; ISBN: 0-934026-73-4
Homemade Liqueurs, Dona and Mel Meilach, Contemporary Books, 1979; ISBN: 0-8092-7582-1
The Illustrated Herb Encyclopedia, Kathi Keville, Mallard, 1991; ISBN: 0-7924-5307-7
Kitchen Herbs, Sal Gilbertie, Bantam, 1988; ISBN: 0-553-05265-9
Magical Herbalism, Scott Cunningham, Llewellyn Publications, 1982, ISBN: 0-87542-120-2
Mastering Herbalism, Paul Huson, Stein and Day, 1975; ISBN: 0-8128-1847-4
Mushrooms Love Herbs, Ruth Bass, Storey Communications, 1996; ISBN: 0-88266-933-8
The Natural Beauty Book, Anita Guyton, Thorsons, 1991; ISBN: 0-7225-2498-6

Nutritional Herbology, Mark Pedersen, Wendell W. Whitman Co, 1995; ISBN: 1-885653-03-4

Recipes from an American Herb Garden, Maggie Oster, Macmillan, 1993; ISBN: 0-02-594025-2

Sage Cottage Herb Garden Cookbook, Dorry Baird Norris, Globe Pequot, 1991; ISBN: 0-87106-239-9

Southern Herb Growing, Madalene Hill & Gwen Barclay; Shearer Publishing; 1987; ISBN: 0-940672-41-3

The Tribeca Cookbook, Mary Cleaver, Joy Simmen Hamburger and Mimi Shanley Taft, 10 Speed Press, 1994; ISBN: 0-89815-912-1

HERBALPEDIA™ is brought to you by The Herb Growing & Marketing Network, PO Box 245, Silver Spring, PA 17575-0245; 717-393-3295; FAX: 717-393-9261; email: herbworld@aol.com URL: <http://www.herbalpedia.com> Editor: Maureen Rogers. Copyright 2014. All rights reserved. Material herein is derived from journals, textbooks, etc. THGMN cannot be held responsible for the validity of the information contained in any reference noted herein, for the misuse of information or any adverse effects by use of any stated material presented.