
Selection

Whenever possible, choose fresh sage over the dried form as it has better flavor.

When selecting fresh sage the leaves should look fresh and be a vibrant green-gray in color. The leaves should be free from dark spots or yellowing.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ To store fresh sage leaves, carefully wrap them in a damp paper towel and place inside a loosely closed plastic bag. Store in refrigerator for several days.
- ◆ Dried sage should be kept in a tightly sealed glass container in a cool, dry, and dark place.
- ◆ Keep produce and meats away from each other in the refrigerator.

Why Buy Local?

- ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
- ◆ Buying local keeps farmers on the land and producing food for everyone.
- ◆ You are making a healthy choice for you and your family.
- ◆ What you spend supports the family farms who are your neighbors.



FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension
100 Polk County Plaza, Suite 190
Balsam Lake, WI 54810
(715)485-8600
<http://polk.uwex.edu>

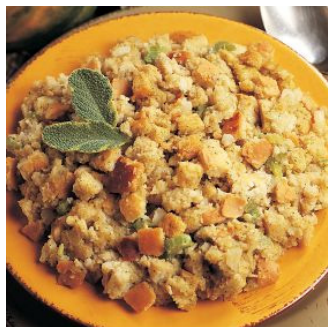
Originally developed by: Jennifer Blazek,
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<http://polk.uwex.edu> (June, 2014)



Sage Salvia

Uses

Sage can be added as a spice to many things. It is great as a seasoning for tomato sauce or omelets. It makes a flavorful addition to pizza. Add fresh sage when baking chicken or fish. Also, add it to navy beans while cooking.



Sage Dressing

Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Sodium free
- ◆ Good source of Fiber
- ◆ Good source of Vitamin C
- ◆ Good source of Iron

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Primary Sources: WH Foods: Photos found on Google Images

Try It!

Sage Dressing

INGREDIENTS

- | | |
|-----------|--|
| 1 cup | Butter, melted |
| 3 cups | Onion, chopped |
| 3 cups | Celery, minced |
| 16 slices | White bread, dried and broken into small pieces |
| 6 Tbsp. | Fresh sage, minced, or 3 Tbsp. dried sage leaves |
| 1 cup | Fresh parsley, minced |
| 2 tsp. | Salt (or to taste) |
| 1 tsp. | Freshly ground black pepper (or to taste) |
| 2 cups | Chicken or turkey broth |

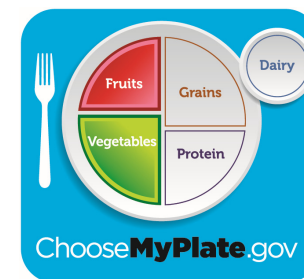
INSTRUCTIONS

1. Put 4 tablespoons of melted butter into skillet. Add onions and celery and cook, stirring often, over moderate heat until vegetables are soft but not browned.
2. In large bowl, combine dried bread, sage, parsley, and salt and pepper.
3. Add onion and celery to mixture and remaining melted butter. Toss until well mixed (using your hands works best for mixing).
4. Add broth slowly, a little at a time, while tossing mixture to moisten thoroughly. Take care to add only enough liquid to moisten or stuffing will become sodden.

5. Test stuffing in order to see if seasonings are correct, melt a little butter in small skillet. Add rounded tablespoon of stuffing to skillet and stir until lightly golden. If it needs more lively flavor, add more sage, onions or celery.

Yield: 4 servings or enough for 16 pound turkey.

Source: www.recipesource.com



History & Fun 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. It was used as a preservation for meat, a tradition that continued until the beginning of refrigeration.