

Sage

Sage is a member of a big family that includes many inedible plants so before you eat something called Sage, be sure it is a culinary sage.

Culinary sage is a perennial that can be grown from weeds or cuttings. Like most culinary herbs, it appreciates a little afternoon shade. Do not over water sage. Many varieties are spreading and most are no more than 8" high. Many bloom lovely blue or lavender flowers and there are many varieties with colorful leaves. It can be grown from seeds or cuttings.

Most cooks recommend drying sage leaves before use as a means of concentrating their flavor. Sage is a must for stuffing in poultry, and it is great on roasted pork. Add it to butter and sauté chicken in it!



