

Salvia officinalis (Garden sage, Common sage)

Growing tips:

- Sage prefers full sun, but ours does fine in a half a day.
- Well drained soil is a must.
- Feed with good quality compost in early spring.
- Keep it cut. If you don't, your plant will develop woody stems and will be much more apt to winter-kill.

Using sage:

- Cut and wash a handful and use it to stuff a whole chicken. Cook the chicken slowly and use the meat to make chicken salad. You won't believe how much flavor the sage will add!
- Use fresh sprigs on the BBQ grill to flavor meat as it cooks. Don't put the sage directly over the flame; just let it smoke a bit.
- Make sage pesto.

Sage Pesto

¾ cup Sage leaves

¼ cup Parsley leaves

¼ cup walnuts or pine nuts

¼ parmesan cheese

2-3 cloves garlic or to taste

¼ cup olive oil

Combine in a food processor or blender.

This freezes well.

Hummingbird Farm

HummingbirdFarm.net * Cindy Tibbetts

202 Bean Street Turner, Maine 04282

(207) 224-8220 hummingbird@megalink.net

Copyright 2020, Hummingbird Farm. All rights reserved
(but feel free to copy it, post it, quote it, think about it
and forward on to others).