

Sage Salvia



Try It!



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.

Uses

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



HONEY SAGE CARROTS

Ingredients

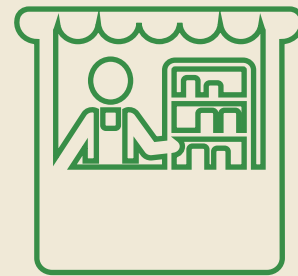
- 2 cups sliced carrots
- 2 teaspoons butter
- 2 tablespoons honey
- 1 tablespoon chopped fresh sage
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon salt

Instructions

1. Fill a medium pot with water and bring to a boil. Add carrots and boil for about 5 minutes until fork tender.
2. Drain and set aside.
3. Preheat a medium saute pan and add butter.
4. Once the pan is hot and the butter is melted, add carrots, honey, sage, pepper and salt.
5. Saute for about 3 minutes, stirring frequently. Remove from heat and serve.

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. The Romans treated it as sacred and created a special ceremony for gathering sage. Both civilizations used it as a preservation for meat, a tradition that continued until the beginning of refrigeration. Arab physicians in the 10th century believed that it promoted immortality, while 14th century Europeans used it to protect themselves from witchcraft.



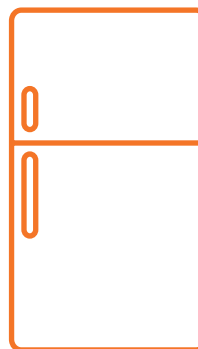
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

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, dark and dry place.



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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Double your \$10 EBT swipe on the 1st Saturday of each month!



Swipe & Shop



FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; <http://www.mayoclinic.org/healthy-lifestyle/recipes>
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