



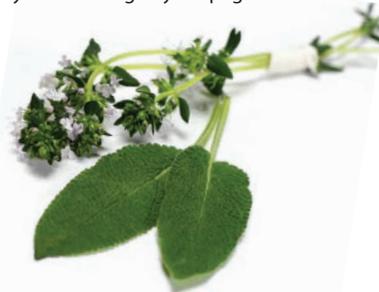
Seasoning with Sage

While undeniably lovely in the garden, sage also shines in the kitchen!

A staple in Greek, Italian, and European cuisines, sage has an earthy, musky, assertive flavor that partners well with robust foods like meats, hearty soups and chowders, cheeses, beans, mushrooms, sauces and breads. You'll want to use it with a light touch, because it's strongly flavored and can easily overpower a dish. Because its flavor won't easily dissipate, though, you can add it at the beginning of long-cooking dishes.

Here are some ideas for cooking with sage:

- ☼ Combine with sea salt and coarse-grind black pepper to make a meat rub.
- ☼ Mix with other Mediterranean spices, such as parsley, rosemary, oregano, black pepper, garlic, and thyme.
- ☼ Make a sage butter to top potatoes and squash.
- ☼ Add to batters for cornbread, scones, and popovers.
- ☼ Use to make homemade croutons, and, of course, stuffing!
- ☼ Try a light sprinkling on pizza and omelets.
- ☼ Sprinkle on grilled cheese sandwiches made with a strong cheese and pumpernickel bread.
- ☼ Include when marinating cheeses.
- ☼ Add to cream cheese or to warm honey.
- ☼ Add to apple pie, applesauce, and baked apples.
- ☼ Add to sausage gravy or chicken gravy or spaghetti sauces.



notes from the field

Location: *Sierra de la Ventana, Argentina*

Product Sourced: *Sage, Thyme, Tarragon, Winter Savory, Lavender, Hyssop*

The Story: *In a rugged area of the foothills leading to the mountains of Sierra de la Ventana, we toured the 6000-hectare organic ranch of our Well Earth™ certified supplier of organic sage, thyme, tarragon, winter savory, lavender and hyssop. This farm, family-owned for over 80 years, has 110 hectares dedicated to herbs. The herbs they supply us are 100% cultivated, rather than wild-crafted, to ensure purity. The size of the organic farm that encircles the herb plots ensures freedom from cross-contamination, runoff, and pesticide and herbicide drift.*



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Q&A

Can I make my own poultry seasoning?

Sure. As any Thanksgiving chef knows, you'll start with sage. Experiment with other possibilities, such as thyme, onion, marjoram, rosemary, nutmeg, black pepper, celery seed, parsley, dry mustard, savory, allspice, garlic powder, oregano, and cayenne.



Are rubbed sage and ground sage interchangeable in recipes?

In most recipes, you can use either rubbed or ground sage. But because the velvety rubbed sage has a lighter texture than the finely ground herb, you'll need to use a bit more of it to achieve the same potency. One teaspoon of rubbed sage equals about 3/4 teaspoon of ground sage.

How do I make sage tea?

Many people enjoy sage as a flavorful tea. Make sage tea by steeping 1 tablespoon of dried rubbed sage (or 2 teaspoons sage and 1 teaspoon lemon balm) in 1 cup of boiling water for 10 minutes. Strain. (Don't drink sage tea while pregnant or nursing unless advised by a reputable practitioner.)

What is clary sage?

One of the many varieties of sage, clary sage — *Salvia sclarea* — is a biennial plant grown primarily (though not exclusively) for its essential oil. You'll find it in natural bodycare products and aromatherapy applications. The name clary comes from the Latin *claurus*, or "clear," because the Romans used it as an eyewash.

To learn more about sage, visit www.frontiercoop.com

Stunning Sage...

"He that would live for aye [ever] must eat sage in May."

~ English proverb

Most gardeners are familiar with at least one of the over 700 species of sage, or salvia. A beautiful member of the mint family, the shrubby, aromatic perennial sends spires upward to show off its lavender (and occasionally pink, white or red) flowers. Traditional sage, Salvia officinalis, has gray/green leaves, but many other varieties (grown primarily for ornamental use) sport purple, creamy rose, and yellow variegated leaves. Irresistible to the touch, the lance-shaped leaves are wrinkled, with many soft white hairs on the underside.

This herb is no newcomer. Sage was valued by the Romans, who had a special ceremony for gathering the herb and who introduced it to Europe as a medicine. During the Middle Ages, it was relied upon as a spring tonic; the French called it "toute bonne," or "all is well." Evidently these earlier herbalists were on to something — in 2001 the International Herb Association named sage the Herb of the Year.

Rice with Shitake

Sage is a good match for earthy shitake mushrooms in this easy-to-fix dish.

1 onion, chopped
1 cup rehydrated shitake mushrooms

1 tablespoon butter
3 cups cooked brown rice
½ teaspoon sage (or to taste)

Sauté onion and shitake in butter for 15 minutes. Add rice. Mix and season to taste. Cook until rice is thoroughly warmed.

Serves 2 to 4.



Flatbread with Sage and Olives

Focaccia is a dimpled Italian flatbread that begs for seasoning, and these Mediterranean ingredients perform perfectly.

3 tablespoons extra virgin olive oil
2 teaspoons sage leaves
2 teaspoons parsley leaves
1 teaspoon garlic granules
1 plain focaccia
½ teaspoon salt
1 can (4.25 ounces) chopped black olives, drained
freshly ground black pepper

Preheat oven to 350 degrees. In small bowl, combine the olive oil, sage, parsley and garlic granules. Set aside for 15 minutes.

Using a fork, pierce the surface of the bread several times. Spread the oil and herb mixture evenly over the surface of the bread and sprinkle with salt. Cover with olives and season to taste with freshly ground black pepper. Bake on center rack of preheated oven until crispy, about 10 minutes.

Makes one focaccia bread.



Tuscan Beans

4 cups dried cannellini, navy, or pea beans, sorted and rinsed
¼ teaspoon coarse grind black pepper
1 tablespoon plus one teaspoon rubbed sage
1 teaspoon garlic granules
salt to taste
3 to 4 tablespoons extra virgin olive oil

Cover beans with water and soak, covered, overnight. Drain beans and transfer to a medium saucepan. Cover with cold water. Add the pepper and tablespoon of sage and bring to a boil. Reduce to a simmer, cover and cook until the beans are tender, 1 to 2 hours.

When soft but not mushy, drain and stir in the additional teaspoon sage, garlic granules, and salt to taste. Serve warm, drizzled with olive oil.

Makes 6 servings.