Sage
*Salvia officinalis*

**When to Plant:** Colder months of Spring
**When to Harvest:** Summer through fall

**Uses in Medicine:** The aromatic compounds in its oil extracts have been shown to possess antioxidant, anti-cancer, anti-inflammatory, analgesic, and antimicrobial properties. Recent studies show cholinesterase inhibition and mood improvement as well.

**Uses in Cooking:** The oils are usually extracted by boiling sage leaves and drinking the extract as a tea. Frying sage lets it be crumbled and added as garnish to cooked dishes.

**Fun Facts:** Honey produced by bees that pollinate the sage plant is a spicy, unique honey.