

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.

