



## What Is Sage?

Sage (*Salvia officinalis*) is an aromatic, perennial herb in the mint family. It is native to the Mediterranean region and is used fresh or dried as flavoring in stuffings, soups, sausages, and meat dishes. Sage leaves are 2-3 inches long and tapered. They have a slight silvery look, in part because they're soft and fuzzy. Ground sage is made by grinding the entire leaf into a fine powder while rubbed sage is made by rubbing dried whole sage leaves to create a light and fluffy mix. Culinary sage is different from sagebrush that grows in the Western states, which is not even in the same plant family.

## Interesting facts

- The origin of the name relates to the herb's medicinal properties from the Latin *salvus*, "to save" and *salver* "to heal".
- Sage is rich in vitamin K and contains antioxidants.
- In ancient times sage was used for warding off evil, snakebites, increasing women's fertility, and more.
- The Roman's referred to sage as the "holy herb", and employed it in their religious rituals.
- In medieval Europe, sage was thought to strengthen the memory and promote wisdom.
- In Britain, sage has for generations has been one of the "essential" herbs, along with parsley, rosemary, and thyme (as in the folk song "Scarborough Fair").



"Spice of Life" is a monthly "Take & Make Spice Club Kit" featuring a variety of unique spices, herbs, or blends.

### *This kit includes:*

- Information on the featured spice
- 2-3 recipes
- A small packet of featured spice - enough for at least 1 of the recipes.

The kits are free, but supplies are limited.  
**Please take only one kit per household.**



### *Share your experience with us*

Once you have created your culinary masterpiece at home, you're welcome to share photos of your successes (and fails), opinions, tips, and love (or not) of the spice on the library's Facebook page, and may even be featured on our Spice of Life webpage.



**Miss a spice? You can download flyers from previous months from our webpage.**



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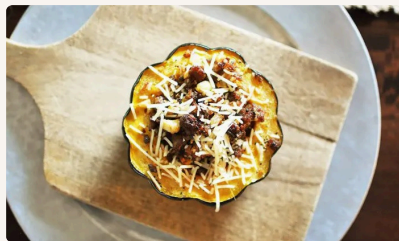
## Take & Make Spice Club Kit



**May**  
*Sage*



## Sage & Apple Stuffed Acorn Squash



*(Yields 6 servings)*

### INGREDIENTS

3 acorn squash, halved  
olive oil  
salt & pepper  
1 lb ground sausage  
1 small onion, finely chopped  
2 large celery stalks, finely chopped  
2 apples, diced  
½ teaspoon (ground) sage (or **1 tsp. rubbed sage**)  
1 cup panko bread crumbs  
1 cup Parmesan cheese, divided

### INSTRUCTIONS

Preheat oven to 400°F. Using a sharp knife cut off each end of the acorn squash removing as little as possible, then cut in half. Spoon out seeds. Brush olive oil inside and on top of acorn squash. Sprinkle salt and pepper over acorn squash to taste. Bake for 40 minutes to an hour depending on size of your squash until tender and you can pierce with a fork, but still holding it's shape. While the squash is baking begin sautéing the sausage for about 5 minutes, drain and pat dry with a paper towel to remove as much grease as possible, but don't discard grease in the pan. Using the grease from the sausage add your onions and celery to the pan and sauté for another 2-3 minutes until it starts to brown. (add olive oil if necessary) Add apples and sauté for another 2 minutes or until

softened. Stir in sage and bread crumbs. Add ¾ cup Parmesan cheese and stir until cheese begins to melt. Set aside. Once squash has finished baking and reached desired tenderness spoon in meat mixture until the squash is filled. Return to the oven and bake an additional 15-20 minutes depending on size of squash. Remove from oven and top with remaining parmesan cheese. Enjoy!

## Lemon Sage Crab Quiche



*(Yields 12 servings)*

### INGREDIENTS

8 eggs, lightly beaten  
2 cups half-and-half  
**2 teaspoons rubbed sage**  
1 teaspoon salt  
½ teaspoon grated lemon peel  
½ teaspoon ground black pepper  
2 cups shredded Swiss cheese  
8 ounces crabmeat  
1 cup soft bread crumbs  
½ cup chopped red bell pepper  
¼ cup chopped green onions

### INSTRUCTIONS

Preheat oven to 350°F. Mix eggs, half-and-half, sage, salt, lemon peel and pepper in large bowl until well blended. Add remaining ingredients; toss gently until well mixed. Pour into greased

13x9-inch baking dish. Bake 30 to 35 minutes or until knife inserted near center comes out clean. Let stand 10 minutes before serving.

## Sage & Cheddar Potato Gratin



*(Yields 12 servings)*

### INGREDIENTS

**2 teaspoons rubbed sage**  
½ teaspoon black pepper, ground  
3 pounds Yukon Gold potatoes, peeled and thinly sliced  
1 large onion, thinly sliced  
2 cups (8 ounces) shredded Cheddar cheese  
1 cup heavy cream  
1 cup chicken broth

### INSTRUCTIONS

Preheat oven to 400°F. Mix sage, salt and pepper in small bowl. Layer 1/3 of the potatoes and ½ of the onion in lightly greased 13x9-inch baking dish. Sprinkle with 1 teaspoon of the sage mixture and 1/3 of the cheese. Repeat layers. Top with remaining potatoes, sage mixture and cheese. Stir broth and cream in medium bowl with wire whisk until well blended. Pour evenly over potatoes. Bake 1 hour or until potatoes are tender and top is golden. Let stand 5 minutes before serving.

### Recipe Sources

- <https://cherishedbliss.com/sausage-and-apple-stuffed-acorn-squash/>
- <https://www.mccormick.com/recipes/breakfast-brunch/lemon-sage-crab-quiche>
- <https://foodchannel.com/recipes/sage-and-cheddar-potato-gratin>

### Fresh vs. Dried

1 tablespoon of fresh sage = approximately  
1 teaspoon of rubbed sage = approximately  
½ teaspoon of ground sage.