



# Know What You Grow!



## Sage

**Scientific Name:** *Salvia officinalis*

Sage is a Salvia, the largest genus in the mint family. There are hundreds of varieties of salvias. This page focuses on culinary sage.

### Recommended Varieties:

- 'Bergarten' and the purple leafed variety 'Purpurascens' - flavorful and hardy varieties.
- 'Aurea' and 'Tricolor' - milder in flavor.
- 'Italian Aromatic Sage' - fresh sage has a warm complex flavor

### Companion Plant For:

Cabbage, Carrot, Marjoram, Strawberry, Tomato, and Oregano.

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[The Garden Barn](#)

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## Growing Information

### Perennial

Sage is an evergreen subshrub with woolly, grayish leaves that add a musky, earthy freshness to foods. Spikes of up to two feet with flowers appear in mid-summer.

### Ideal Planting Window

Sow seeds in early spring or plant from starts.

### Growing Guidance

Sow seeds 1 inch apart in well-drained fertile soil in full sun in spring once weather is warm and settled. Cover 1/4 inch deep, firm soil over seeds and keep seedbed evenly moist. Germination takes 2 to 3 weeks.

### Harvesting

Year round but best before flowering

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[Renee's Garden](#)



## Interesting Facts

- The genus name *Salvia* come from the Latin *salvere*, “to save” or “to be in good health”.
- Sage has been attributed to wisdom, long life, and improved memory.
- Sage was used to treat illnesses ranging from palsy, liver disease, epilepsy, throat inflammation and fevers in the Middle Ages. It was also considered a cure for warts, snake bites and perspiration.
- Throughout history, sage was used to aid digestion, as a mouth wash, hair rinse, in a tisane to lesson sore throats and coughs, as an insect repellent.
- In the Victorian language of herbs, Sage symbolized esteem, youth, friendship, good health, salvation, and happy home.
- In the 16<sup>th</sup> century, sage was introduced to North America and was popular in pancake, tea, and bread recipes as well as butters.
- Sage was the most popular herb in the United States until World War II It has been said that if sage flourishes in a home garden, it is a sign that the wife oversees the household. If sage thrives and flourishes in the garden, the garden owner’s business with thrive and flourish as well!

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## Contact Information



### RIVERSIDE COUNTY MASTER GARDENERS

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<https://ucanr.edu/sites/RiversideMG/>

## Drying and Storing

- To refrigerate, wrap in paper a towel and keep in a plastic bag for up to 4-5 days.
- To freeze, wash and pat dry, remove the leaves from the stems, and pack them loosely in freezer bags for up to one year.
- To dry, hang leafy branches upside down in a cool airy place.
- Store in closed containers in a cool and dry place away from sunlight.

[The Spruce](#)

## Suggested Uses



### Ingredients:

- ½ lb. Fettuccine Pasta or ½ lb. Dried Spaghetti
- 4 T Butter
- 12 Sage Leaves
- ½ Lemon
- ½ cup Grated Parmesan Cheese
- ½ tsp Salt & ¼ tsp Ground Black Pepper

### Prepare:

Cook pasta according to package directions. Drain, reserving 1/2 cup cooking water. Return pasta to pot.

In a medium skillet over medium heat, melt butter. Add sage leaves. Cook until butter browns and sage become almost crispy, about 7 minutes. Stir in lemon juice. Add to pasta and toss to coat. Stir in pasta water. Cook over medium heat until water is absorbed. Stir in Parmesan cheese, salt and pepper.

[Relish](#)