

SAGE

Selection Info

Look for healthy, tender green-gray leaves. Avoid sage with discolored or wilted leaves.

Preparation

Remove leaves from stems and wash just before use by rinsing with clean running water. Add sage near the end of recipes due to its delicate flavor.

Storage

Short-Term Storage: Gently wrap sage in a moist paper towel and place it in zip-top bag inside refrigerator for several days.

Long-Term Storage: Sage can be frozen or dried. Dried sage can be kept in a sealed container in a dry, dark place for about six months.



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