

Sage

Definition: [SAYJ] This native Mediterranean herb has been enjoyed for centuries for both its culinary and medicinal uses. The name comes from a derivative of the Latin *salvus*, meaning "safe," a reference to the herb's believed healing powers. The narrow, oval, gray-green leaves of this pungent herb are slightly bitter and have a musty mint taste and aroma. There's also a variety called pineapple sage, which has an intensely sweet pineapple scent. Small bunches of fresh sage are available year-round in many supermarkets. Choose sage by its fresh color and aroma. Refrigerate wrapped in a paper towel and sealed in a plastic bag for up to 4 days. Dried sage comes whole, rubbed (crumbled) and ground. It should be stored in a cool, dark place for no more than 6 months. Sage is commonly used in dishes containing pork, cheese and beans, and in poultry and game stuffings. Sausage makers also frequently use it to flavor their products.