

SAGE

You may have heard of sage in a spiritual context, as Indigenous peoples often used sage for healing and cleansing properties during ceremonies and spiritual purification. People also “smudge” or burn sage to remove negative energy and do some “spiritual housecleaning” in their homes. Although sage has its many uses, it is often used in many dishes, beverages, and medicinally. This month, Nebraska Harvest of the Month highlights native herbs, a Nebraska indigenous food! Your school will be preparing recipes featuring sage.

SELECTION, STORAGE & COOKING

- Sage is an evergreen subshrub that has woody stems, grayish leaves, and blue and purple flowers. It can be described as a highly distinctive herb with a natural flavor and can be purchased fresh or dried and whole leaf or rubbed.
- To store, simply wrap the sage leaves in paper towels and put them in a plastic bag in the refrigerator. Make sure to use the leaves within four to five days.
- Fresh leaves that are covered in olive oil can be stored for much longer in the refrigerator, about three weeks. Use the flavored oil to your advantage to sauté sage with other ingredients.
- You can always freeze the leaves. To do so, wash and pat them dry, remove the leaves from the stems, and pack them loosely in freezer bags for up to one year.

NUTRITIONAL VALUE

Sage is very high in vitamin K, and it also contains vital minerals like magnesium, zinc, and copper. Antioxidants help combat free radical molecules in our environment that can damage our cells, leading to cancer. Sage contains antioxidant vitamins A, C, and E in small amounts.



ROASTED POTATOES WITH SAGE

Ingredients:

- 2 lbs. potatoes, washed, cubed
- 2-3 Tbsp olive oil
- 3-4 cloves garlic, crushed or minced (or 1 tsp garlic powder)
- Salt, to taste
- 7-8 fresh sage leaves, divided (mince 3 leaves worth)
- 2-3 Tbsp butter

Directions:

1. Preheat the oven to 400°F.
2. In a large bowl, toss potatoes, about three sage leaves (minced), enough olive oil to coat potatoes, garlic or garlic powder, and salt to taste.
3. Place potatoes on a sheet pan and roast in the oven for about 30-45 minutes, or until golden brown. Turn potatoes at least once during the roasting period.
4. While the potatoes roast, in a sauté pan gently melt butter over medium heat. Don't melt the butter too quickly or it will burn.
5. Once butter melts and starts to bubble, add the rest of the sage leaves. Fry sage leaves on both sides, until crispy and until the butter starts to brown. Keep an eye on the butter as you fry the sage and the butter browns, it can change quickly. Take butter off heat when it is golden brown (should be a rich caramel color).
6. Toss potatoes with the brown butter and fried sage leaves. Taste for seasoning and add more salt if needed. Serve warm.

SAGE WORD SEARCH

N	C	F	P	X	Z	Q	N	J	P
L	T	Y	L	V	G	M	S	V	F
E	E	T	I	G	A	E	Q	N	D
A	A	D	R	M	S	P	Z	E	Q
F	M	E	D	I	C	I	N	A	L
T	F	L	O	W	E	R	R	W	C
S	P	I	R	I	T	U	A	L	M
N	J	A	R	O	M	A	T	I	C
Q	P	K	Z	A	U	A	D	N	L
Y	F	C	C	M	V	U	Z	F	C

AROMATIC

LEAF

FLOWER

TEA

MEDICINAL

SPIRITUAL



LEARN TO SAY "SAGE" IN DIFFERENT TRIBAL LANGUAGES

DAKOTA

Pezi H'ota

UMONHO^N

Pezhe xu'de

PONCA

Pezhe xu'de

HOCHUNK

Xąąwįsgara
wirotapąnā hii

LAKOTA

Pezi H'ota



CENTER for
RURAL AFFAIRS