



OCTOBER 2025

GROUND SAGE



Each month from February to November, we'll offer a free "take-and-make" spice kit highlighting a different spice, herb, or blend. Each kit includes a small portion of the featured spice, enough for the suggested recipes on the back page. Kits will be available starting the first Monday of the month at the Adult Services desk at both Harnish and Eastgate branches. Supplies are limited. Please take one kit per household. After trying the recipes, we'd love to hear from you! Share your photos, tips, or feedback at info@aapld.org.

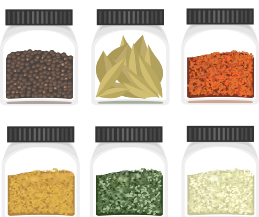
Sage (*Salvia officinalis*) is a perennial herb in the mint family (Lamiaceae), related to basil, rosemary, oregano, and lavender. Native to the Mediterranean, it is now grown worldwide. The plant is a small evergreen shrub with soft, gray-green leaves and purple-blue flowers in summer. Sage has an earthy, slightly peppery flavor with hints of pine and citrus, making it a versatile herb in the kitchen.

Culinary Uses Sage enhances meats, poultry, and sausages, and is a key ingredient in traditional holiday stuffings. It also adds flavor to soups, stews, pasta, and risottos. Often paired with butter or other Mediterranean herbs, such as rosemary and thyme, sage is also used in teas and as a flavoring in sauces.

Health Benefits It contains antioxidants and compounds with anti-inflammatory and antimicrobial properties. Traditionally, sage has been used to support digestion, soothe sore throats, and promote oral health. Some studies suggest that it also aids in memory and cognitive function.

Cultural Facts Sage has been important for centuries. Its Latin name, *Salvia*, means "to heal," and in European folklore, it symbolized wisdom and longevity. Native American traditions utilize sage in smudging ceremonies to cleanse and purify spaces. In the Middle Ages, sage was highly prized and often traded as a medicinal herb.

Fun Facts In Victorian floriography, sage was associated with domestic virtue and wisdom. The saying, "*Why should a man die who has sage in his garden?*" reflects the long-standing belief in sage as a healing and protective herb in European herbal traditions. It was considered essential for health and longevity in the household.



ALLERGEN WARNING AAPLD is not responsible for any reactions or sensitivities to any spice. Please be aware that spices may contain or come into contact with common allergens like dairy, eggs, soybeans, tree nuts, peanuts, fish, shellfish, or wheat. Stay safe! Cook with caution.



WHITE BEAN SOUP WITH SAGE AND SAUSAGE

Ingredients

- 1-1/2 tablespoons butter
- 1-1/2 tablespoon olive oil
- 2 shallots, chopped,
- 2 carrots, sliced
- 2 cloves garlic, minced
- 1/2 teaspoon ground sage
- 3 cups vegetable or chicken broth
- 1 cup dry white wine
- freshly ground black pepper
- 4 15-ounce cans cannellini beans, drained and rinsed
- 5 to 6 ounces kielbasa, sliced into thin half moons
- salt, as needed

Instructions

- Heat butter and oil in a large stock pot over medium heat. Add shallots and carrots, stirring frequently, until shallots are soft and translucent, 3 to 5 minutes.
- Add garlic and sage. Cook until fragrant, about 1 minute, stirring.
- Add broth, wine, and beans, and stir to combine. Add pepper. Bring to a boil. Reduce to a simmer and cook uncovered for 20 minutes, stirring occasionally.
- Remove from heat. Transfer 3 cups of soup to a food processor and purée. Return puréed soup to pot, add kielbasa and cook over medium-low heat for 10 minutes, stirring occasionally. Taste and adjust seasonings. Serve hot.

Recipe and image Source:

<https://blue-kitchen.com/2013/10/23/white-bean-soup-with-sage-and-sausage/>

ACORN SQUASH WITH SAGE- CREAM SAUCE



Ingredients

- 2 medium acorn squash, cut in half and seeds removed
- Salt and pepper, to taste
- 1 tablespoon ground sage
- 1 cup chicken or vegetable stock
- 4 cloves of garlic
- ¼ cup heavy cream

Instructions

- Preheat oven to 350° F.
- Place squash halves in a 9×13-inch baking dish cut side up. Sprinkle with salt and pepper and chopped sage. Pour the chicken or vegetable stock into the baking dish and scatter garlic around the squash. Cover with foil and bake for 45-60 minutes, or until tender.
- Remove squash from oven and preheat broiler on high.
- Transfer garlic to a small bowl and mash with a fork. Add heavy cream and 2 tablespoons of the liquid from the baking dish. Pour over the acorn squash. Broil until golden, about 3-4 minutes. Serve immediately.

Recipe and image Source:

<https://www.completelydelicious.com/acorn-squash-with-sage-cream-sauce/>