8-16-2010

Sage

Brianne Sherwood
Sara Hunt
Crista Sorenson
Bethany Heineman
Blake Beyers
Ashley Walker Workman

Follow this and additional works at: https://digitalcommons.usu.edu/student_orgfarm

Recommended Citation
Sherwood, Brianne; Hunt, Sara; Sorenson, Crista; Heineman, Bethany; Beyers, Blake; and Workman, Ashley Walker, "Sage" (2010). USU Student Organic Farm Newsletter. Paper 33.
https://digitalcommons.usu.edu/student_orgfarm/33
How to Use Sage

You may have noticed in your weekly herb bag a handful of little greenish green leaves known as sage. At a loss for what to do with it? Here are some ideas:

1. Make a sage infusion by steeping a teaspoon of dried sage or minced fresh sage leaves in a cup of covered boiling water for 30 minutes. The infusion has several medicinal uses. If you dislike the strong flavor, adding honey can help it go down.

2. Drink the sage infusion as a treatment for sore throats or other oral irritations. The oil in sage has antiseptic properties and soothes irritation on contact. You can also dip a rag into the infusion and apply it to cuts, scrapes and bruises.

3. Add 1 tbsp. of minced sage to 1 cup of chicken, turkey or pork stuffing. Sage has a slightly bitter flavor, but with a hint of lemon. If you are careful not to over use it, the slight bitterness can be a pleasant taste.

4. Use fresh or dried sage leaves to flavor meats before roasting. Sprinkle the sage over the top of an entire roast prior to cooking or place one sprig into individual chicken or turkey breasts.

This week the Youth Conservation Corps worked for a few days on the farm. They are so much fun! About a dozen youth helped us knock out so many projects. They blitzed through the wild flower and raspberry strips, energetically ripping out weeds. Also, thanks to them, our shade umbrella is finally up, a whole bed of kale was transplanted, and poles for the beans are in place. We can’t thank them enough, and all of you as CSA members get to reap the benefits off all their hard work! What a deal.

As the Summer fades into Fall and as school starts up, the farm staff will be making some transitions as well. Those of us in school will fade to the background while the fearless graduated few will take on the heavier load of running the farm. So bear with us as we make the transition! This Fall going to be an exciting challenge that we are ready to take on. Thank you for supporting local agriculture!

Your USU Student Farmers,
Bethany, Sara, Crista, Ashley, Brianne, and Blake

Gardening Wisdom of Old

Cucumber in a Bottle
A hint for boys: without detaching it from the vine, slip a small cucumber into a fairsized bottle, and after it grows so as to fill the space, cut it from the vine. Folks will wonder how it got there.

Jacob Biggle
Biggle Garden Book, 1912

(Growing a big cucumber in a bottle with a small neck is the gardener’s version of the old ship-in-a-bottle trick.)