



Sage

Flavor & Common Uses

Sage (*Salvia officinalis*) has a warm, earthy, savory flavor with hints of pine, citrus, and pepper. Its fragrant aroma and slightly woody character make it a popular herb in cooking, herbal infusions, and traditional household uses.



FLAVOR PROFILE

- ✦ Earthy and savory
- ✦ Slightly peppery
- ✦ Warm and woody
- ✦ Hints of pine and citrus
- ✦ Can become strong or slightly bitter if overused



PAIRS WELL WITH

chicken, turkey, pork, sausage, onion, garlic, butter, lemon, squash, potatoes, beans.

COMMON USES



Cooking: Excellent with poultry, pork, sausage, stuffing, roasted vegetables, beans, and soups.



Seasoning Blends: Often used in herb rubs and savory spice mixes.



Tea: Sometimes steeped for a soothing herbal tea.



Infused Butter & Oil: Popular in browned butter, oils, and savory sauces.



Stuffing & Holiday Dishes: A classic herb for festive meals.



Home & Traditional Uses: Also valued for its fragrant leaves in traditional herbal practices.

TIPS

- ✦ Use sparingly because sage has a strong flavor.
- ✦ Fresh sage is excellent crisped in butter.
- ✦ Dried sage works well in stuffing and slow-cooked dishes.
- ✦ Chop fresh leaves finely for easier use.



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