#### **Purdue Extension**

FoodLink www.purdue.edu/FoodLink

# SAGE

## Selection Info

Look for healthy, tender green-gray leaves. Avoid sage with discolored or wilted leaves.

### Preparation

Remove leaves from stems and wash just before use by rinsing with clean running water. Add sage near the end of recipes due to its delicate flavor.

# Storage

**Short-Term Storage:** Gently wrap sage in a moist paper towel and place it in zip-top bag inside refrigerator for several days. **Long-Term Storage:** Sage can be

frozen or dried.

Dried sage can be kept in a sealed container in a dry, dark place for about six months.



Looking for a source of fresh local fruits and vegetables???... Look here...www.purdue.edu/foodlink/about.php

Funding provided by USDA Speciality Crop Block Grant Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

# SLOW COOKER BLACK EYED PEA SOUP

## Ingredients

1/2 pound dried black-eyed peas2 cups vegetable broth1 cup water6 carrots (chopped)2 celery ribs (chopped)1 medium onion (chopped)

1 teaspoon garlic powder

1 teaspoon seasoning (basil, dried oregano, rosemary, or sage)

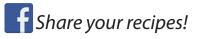
# Directions

- 1. Rinse and sort black-eyed peas to remove any dirt or debris.
- 2. Place all ingredients in a slow cooker and mix.
- 3. Cook on low for 8 hours.





Learn more about SAGE by scanning the QR code above or by visiting https://extension.purdue.edu/foodlink/food.php?food=sage.



#### Nutrition Information

1 1/2 cups
Amount
200
12g
39g
8g
9g
1g
0g
0mg
450mg



Extension