

## 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.



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Funding provided by USDA Speciality Crop Block Grant

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# SLOW COOKER BLACK EYED PEA SOUP

## Ingredients

- 1/2 pound dried black-eyed peas
- 2 cups vegetable broth
- 1 cup water
- 6 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>.



Share your recipes!

### Nutrition Information

Serving Size 1 1/2 cups

Nutrients	Amount
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Total Calories	200
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Protein	12g
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Carbohydrates	39g
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Dietary Fiber	8g
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Total Sugars	9g
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Total Fat	1g
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Saturated Fat	0g
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Cholesterol	0mg
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Sodium	450mg
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