

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.

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LF

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

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