



SHOP OUR STORE

KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

NOVEMBER 2008



Sage

Botanical Name: Salvia

History

Have you heard the terms sage advice or wise as a sage? Sage was thought to impart wisdom and to improve the memory. Sages are members of the mint family and have been valued as a medicinal herb throughout the ages. Sage has been known for centuries as the herb of wisdom and immortality. It was held in high esteem and was the cure-all for all ailments. The name sage comes from the Latin word *salveo* meaning to save or to heal. Sage is a Mediterranean herb and was originally known for its medicinal values. Today it is most valued for culinary uses and has never gone out of popularity, especially during Thanksgiving dinners.

Culture

Garden Sage or *Salvia officinalis* is the most common and frequently grown. Sage is a shrubby perennial growing to a height of 24 to 30 inches. It is hardy in zones 4-10. Leaves are grayish green and can still be harvested fresh in Northeast Ohio on Turkey day. Sage prefers a dry gravelly site in well drained soil in full sun. After the sage plants are established they are very drought tolerant. In fact, many sage plants have died with over watering. Sage needs little or no watering in our area. Sage grows well with the addition of gravel, lime and egg shells to its soil.

Clary sage, *Salvia sclarea* is the tallest of the sages reaching 4 to 5 feet. This biennial has tall spikes of bluish white and rose flowers in the second year. The large leaves add a statement to the garden.

Kathleen's favorite sage is *Salvia Clevelandii*, a native to western United States. A favorite of the hummingbirds with a delicious edible red flower is pineapple sage.

Today sage is grown for its culinary, medicinal and ornamental value. Watch our sage border grow in the front entrance to the Village Herb Shop. The spikes of purple flowers are a crowd stopper.

Harvesting

Harvesting sage plants encourages bushiness. Sage should be trimmed and harvested often to prevent legginess and straggling sage plants.

Meaning in the Language of Flowers:
Long life and good health

Characteristics:
A shrubby perennial with grayish green leaves and spikes of purple flowers.
Grows to a height of 24 to 30 inches.

Recipes

The Best Poultry Seasoning Ever

A traditional herbal blend to use to season turkey, duck, chicken, game, stuffing and gravy. Use 1 tsp. for every 4 servings. For full flavor crush herb leaves before using.

Mix two tablespoons of [rubbed sage](#) or [chopped dry sage](#), [thyme](#), [marjoram](#), dried celery leaf (or may use lovage) and [parsley](#). Add one tablespoon powdered rosemary. Add two teaspoons granulated onion and two teaspoons granulated orange peel.

[Or purchase from our online store!](#)





[MORE RECIPES ONLINE](#) 

Cranberry Sage Salad Dressing

Combine 1/4 cup [Cranberry Sage Vinegar](#) with 1/2 cup olive oil. Add one teaspoon sugar and whisk to blend. Toss with your favorite salad greens.

Preserve the herbal flavors throughout the winter months!

Our [Cranberry Sage Vinegar recipe](#) is online. Get it today!

Culinary Uses

Sage is a very versatile plant. The leaves can be used to flavor poultry, pork, vegetables, cheese, eggs, biscuits and breads.

Bath and Body Uses:

Sage is often found in many bath herb preparations due to its antioxidant and antiseptic qualities.

Aromatherapy Uses:

[Sage essential oil](#) is a stimulant and should be used with exact recipes and caution for children. This essential oil has a herbaceous aroma. The body effect is to decrease perspiration and nasal secretions. It is antiseptic to the skin. Sage essential oil should not be used in the bath or during pregnancy.

[Clary Sage Essential oil](#) is used often in cosmetics. It has a sweet herbaceous aroma and is soothing to the skin. It is comforting, calming, uplifting and dispels grief giving the mind a mild euphoria.

At VillageHerbShop.com you'll always enjoy

FREE SHIPPING

On orders of \$85 or more

Shop our online store today for popular products and our own VHS branded products!

[SHOP ONLINE](#) 

Free Herb Poultry Seasoning

With a purchase of \$20.00*

A traditional herbal blend to season turkey, duck, chicken & more.

ENTER ONLINE PROMO

CODE: **HPSFREE**

OR CLIP FOR IN-STORE COUPON

\$2.99
value!



*Offer expires 12/15/08. Does not include S/H or sales tax.

More Great Products to Try:



Relaxing Herbal Bath

\$2.95/cup

[MORE INFO](#) 



Naturopatch Essential Oil Body Patch - Rose Geranium

\$2.50 to \$19.95

[MORE INFO](#) 



Pre de Provence Soap - Sage

\$1.25 to \$6.95

[MORE INFO](#) 



Caldrea Basil Blue Sage All-Purpose Cleanser

\$13.95

[MORE INFO](#) 

Calming Pulse Point Application

10 drops [clary sage](#)

10 drops [lavender](#)

2 ounces [almond](#) or [jojoba oil](#)

Mix Well. Apply to pulse points for a soothing effect.

Sage Foot Spray

4 drops [essential oil of sage](#)

8 drops [lavender essential oil](#)

8 drops [tea tree essential oil](#)

Add drops to 4 ounces of distilled water in a spray bottle. Mix well and spray to feet to disinfect, deodorize.



Sage Tips for Drippy Sinus

Essential oils contained in sage work to dry up secretions. Adding a leaf of fresh sage to your favorite tea will work to dry up nasal passages. Better yet, try a sage tisane: Use one teaspoon of dried sage and steep in boiling water for 5 minutes. Strain, add honey to taste and sip. Great way to decrease nasal secretions.

Our Upcoming Classes and Events

[VIEW ALL](#)

- **NEW Village Merchant Loft!** - Visit our upstairs loft to find unique hand made items. Support local merchants and buy USA. Find quality loose leaf hand blended teas, heirloom vintage collection, custom hand painted items, jams and butters, hand knit apparel and more to come. Merchandise is always changing and our new merchants will be offering special classes and events. Check their booths for sign up sheets and join the new excitement at the Village Herb Shop Merchant Loft!
- **Nov - Dec:** [Santa's Herbal Workshop, 8 Top Herb Crafts](#) - Our top eight Herb Crafts set up in our own classroom every day. (while supplies last)
- **Nov 13: Holiday Party** - Join us to celebrate the Season and see our Holiday Gift selection. Help us celebrate over a decade of holiday service with our Customer Appreciation Holiday Party.
- **Every Saturday, Nov-Dec:** [Holiday Open House](#) - We bring new Holiday items to our shelves every week. Join us for a different product selection each Saturday.
- **Nov 21 & Nov 22:** [Fresh Herbal Wreath Class](#) - Make a fresh herbal wreath centerpiece for the holidays.
- **Nov 28 & Nov 29:** [Out of the Malls, Into the Falls to Deck the Halls](#) - Spend \$50 and get a free \$5 gift card! Free Gift Basket Wrap! Shopping Specials All Day!
- **Dec 1:** [Icy Cold Dollars begin!](#) - Earn one Icy Cold Dollar for every \$10 you spend at the Village Herb Shop or Webstore. Valid on any Village Herb Shop merchandise December 26 to 31.
- **Dec 13:** [Herbal Gift Basket Class](#) - Join us to learn simple treatments for stress relief and relaxation this holiday season.



Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for November's Craft:

Herb Salt

Join us for December's Craft:

Wassail Mix

Follow our simple step-by-step do-it-yourself directions to make your own craft any day of the week.

All supplies are included for this one low price. **Fee: \$5.00 each.**

[LEARN MORE](#)



Chagrin Falls Shop Hours

Monday through Saturday: 10 am - 5 pm

Sundays:

January through March: Closed on Sundays

April through August: 12 noon - 4 pm

September: Closed on Sundays

October through December: 12 noon - 4 pm

We will be closed on Thanksgiving Day, Christmas Day & New Years Day.

Contact Village Herb Shop

17 East Orange Street
Chagrin Falls, OH 44022

Phone: 440-247-5029

Toll Free: 800-836-9120