

How to Grow Sage Herb



Sage plants are perennial herbs. The plants are bushes, and native to the Mediterranean region. There are over 750 varieties of sage. Sage herb plants are grown for their flavorful leaves, and for herbal flowers. Sage has a strong, pungent odor, and is a little bitter tasting. It is very popular in a variety of recipes.

Most Sage bushes grow up to two feet high, with grey-green leaves. The leaves have a pebbled texture. Flowers have circular clusters of white, pink or violet.

Try sage in a container on your patio or deck.



How to Grow Sage:

Sage bushes are grown from seed. They can be directly seeded into your herb garden, or started indoors for transplanting later. If planting outdoors, sow them after the soil has begun to warm in the spring. Start indoors six weeks before the last frost.

Sow seeds early in the season and cover lightly with soil. You will want to space seedlings, or thin plants to 12" apart.

Sage is easy to grow. Plants prefer full sun and a well drained soil. They will do well in average soils and tolerate dry soil conditions.

Water plants only during dry periods, once or twice per week.

Add a general purpose fertilizer once or twice a season.



Harvesting Sage:

Harvest young, tender leaves for the best flavor. Dry sage leaves in a cool, dry area out of the sunlight.



Uses for Sage:

The leaves and stems are used in cooking for flavoring sausages, pork, sauces, cheese, dressings and stuffing. Grandma may use sage in Thanksgiving turkey stuffing.

Sage is also brewed for tea.