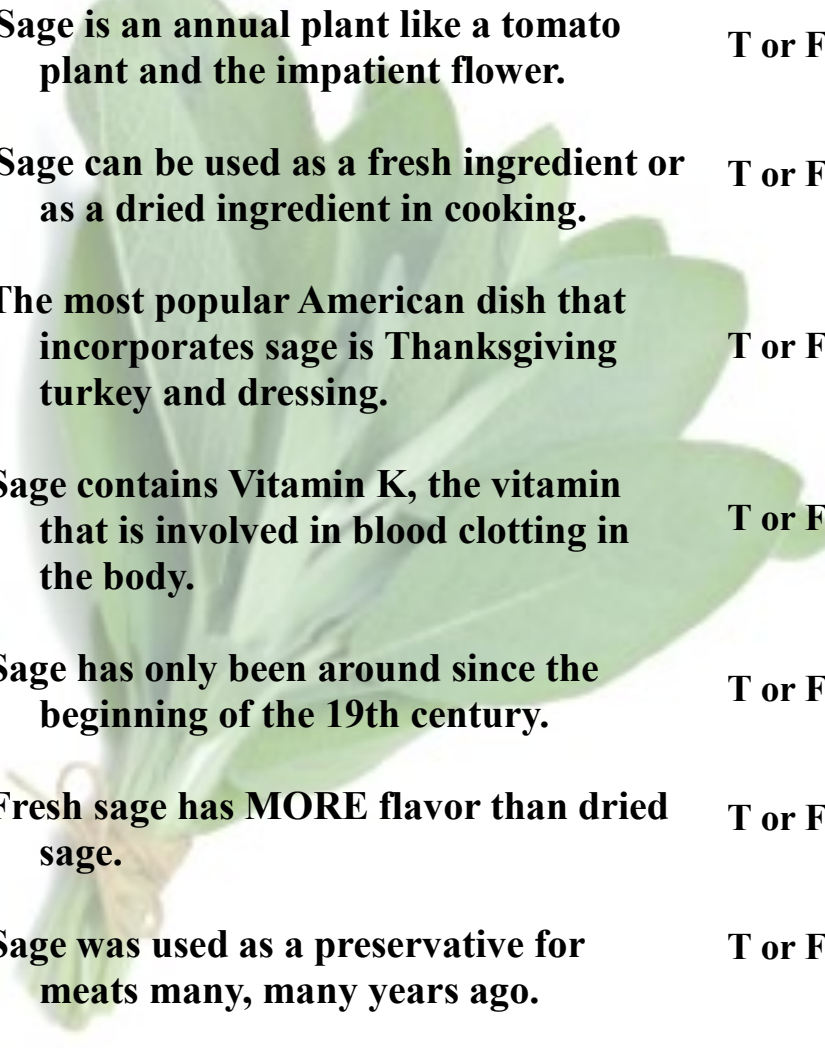


How much do you know about the healthy, healing herb: SAGE?

Take this quiz to test your knowledge on the herb sage!
(Answers are on the back side)

- 
- 1) Sage is an annual plant like a tomato plant and the impatient flower. T or F
 - 2) Sage can be used as a fresh ingredient or as a dried ingredient in cooking. T or F
 - 3) The most popular American dish that incorporates sage is Thanksgiving turkey and dressing. T or F
 - 4) Sage contains Vitamin K, the vitamin that is involved in blood clotting in the body. T or F
 - 5) Sage has only been around since the beginning of the 19th century. T or F
 - 6) Fresh sage has MORE flavor than dried sage. T or F
 - 7) Sage was used as a preservative for meats many, many years ago. T or F
 - 8) Scientists have discovered that sage may play a role in improving memory. T or F

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Answers to the Quiz:



- 1) **FALSE:** Sage is a perennial plant that can grow two to three feet high and can have pretty blooms. Grow this in your garden to last you all year!
- 2) **TRUE:** Not only can you use fresh or dried sage, but you can also find a liquid extracts that can be used as essential oils like lavender.
- 3) **TRUE:** Yes, most Americans think of turkey stuffing when they think of safe. This herb is too good to leave only for the holidays though. Try it in other recipes like with beans, potatoes, or tomato sauces!
- 4) **TRUE:** Sage does contain a small amount of Vitamin K, but not enough to interact with blood-thinning medications because we don't use that much of it!
- 5) **FALSE:** Sage has been around for centuries! In fact, a sage pancake recipe dates back to the 5th Century B.C.!
- 6) **FALSE:** You may think it does, but this is false. Dried sage has more flavor because it is more concentrated than the fresh sage. Remember 1 Tbsp of chopped fresh = 1 tsp of dried.
- 7) **TRUE:** Due to it's antioxidant content, the Romans and Greeks discovered it was a perfect preservative.
- 8) **TRUE:** According to the National Institute of Health, a few studies have show that consuming sage may be beneficial in improving memory in older adults.

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