



Sage

Sage is a hardy perennial with pretty, greyish green leaves. It grows spikes of spring flowers, which attract bees to the garden, and are edible.

Sage is most commonly used in cooking as an accompaniment to white meat such as fish and chicken. It can be added to stuffing or mixed into egg dishes.

It is a low maintenance herb; plant in full sun and water only in extended dry periods, or when plants are young. Regular harvesting helps to keep plants compact.

Take cuttings in Spring every three years to replace plants that are straggly and woody.

ERINDALE COMMUNITY GARDEN