

JUNE NEWSLETTER

Hi everyone,

Winter is well and truly upon us, so this month we will be looking at how **SAGE** can be of benefit to us in several different ways to assist our health and well-being in this cold weather.



We would also like to welcome our new retailer, **Commonsense Organics Kapiti**. You can find them at the Coastlands shopping centre in Paraparaumu along the Kapiti Coast north of Wellington.



And the recipe of the month is **FALAFELS** with Herb Spread. These take only 20 minutes to prepare once the chickpeas have been soaked, and can be served for lunch or dinner. Great for a vegetarian meal, and for those who are trying to lose weight and eat more healthily.

Sage.



You have probably noticed sage extract being used in several products eg. toothpaste, shampoo, conditioner, cleaning products, even air fresheners... This is because of Sage's antibacterial and fragrant properties. Modern chemical analysis reveals: -thujone (immune stimulant, camphor (opens airways), linalool (fresh scent), 1,8-cineole (eucalyptol – gives taste and has soothing properties), cis-cimene (stimulant and toxic in high doses ie. antibacterial!), sabinyl acetate (sweet fragrance) and several other compounds. It is no wonder Sage was revered in many cultures over the centuries. It was commonly used for colds, diarrhea, enteritis, gingivitis, excessive perspiration, snake bites, sore throats, toothaches, to repel insects, remove warts etc... It's botanical name "Salvia" is from the Latin "salvere", meaning "to heal," or "to be safe and unharmed".

Majickal Uses: Sage is still used to this day for 'smudging' ceremonies, commonly associated with tribal American rituals. Dried sage is tied and bundled, and burned. The smoke is said to clear away evil spirits or energies, and is used for blessing and purifying new abodes, coming events, and people who are ill or afflicted with 'bad' energy.

Growing Sage: Another remarkable fact about Sage is that it is found growing almost all over the world, and there are many different varieties. "The reported life zone of sage is 5 to 26 degC with an annual precipitation of 0.3 to 2.6 meters and a soil pH of 4.2 to 8.3 (4.1-31). The species is well suited to warm dry regions and grows best on a nitrogen-rich, clay loam soil located in the full sun. The plant is sensitive to extended dry periods with excessively high temperatures, and it will winter-kill when the temperature reaches about -100Cdeg;C" I have found sage very easy to grow from cuttings in Autumn or Spring. Just break a small branch off, pinch out the new leaves, and put in potting mix, keeping it moist and not too hot or cold. Roots appear after about 3 weeks, and make sure you plant out well before summer, as they don't like getting too dry and hot when they are young.



The two most common varieties here in New Zealand are *Salvia officinalis* (green sage) and *Salvia officinalis Purpurascens* (purple sage- pictured). There are many other varieties around the world, and many are purely for decorative purposes as they have such fragrant and colourful flowers. I like to add the flowers to my salads as they taste sweet and minty, and look so pretty.

Culinary uses

Sage is a fantastic companion in cooking, suiting any meat, cheese or vegetable dishes. It is used in sausages and cheeses as a flavouring and anti-oxidant. There is nothing like grabbing a few leaves from the garden and chopping them up to add to soup, stews, roasts, casseroles or as a topping just before serving.



Sage tea makes a very pleasant and health-giving drink. Fresh leaves taste best. I have given this to my children when they have coughs, cold or sore throats. Add lemon, honey, echinacea extract, and even a dash of garlic and cayenne pepper for a stronger kick. Guaranteed to kill those bugs, promote sweating and give your immune system a real boost. For a pleasant and health-giving soup, add Miso and some tamari or herb salt to imbibe instead of your mid-morning coffee.

Herb Spread Recipe of the Month:

FALAFELS WITH HERB SPREAD

- Take 250g chick peas and cover with 2 inches extra of water. Leave to soak overnight.
- Drain off water, and add chick-peas to a food-processor with: 1/2 cup flour, 1tsp salt, 1/2tsp baking soda, 2tblsp Herb Spread, and any other flavourings you desire such as cumin, coriander/curry powder, garlic, etc.
- Process until consistency of bread crumbs, then add a dash of water so it forms a mixture which can be rolled into balls.
- Fry in hot oil, or if you don't want to use lots of oil, you can fry them more like patties in a pan.
- Serve in pita pockets or wraps, with lettuce, tomato, onion, grated carrot/beetroot, avocado and Herb Spread.



There is a fantastic cooking demonstration for this recipe at www.videojug.com/film/how-to-make-falafel

Well, that's it for this month. I hope you have enjoyed the read, and found something interesting and useful.

Wishing you all health, wealth and well-being

From Wendy and the Waiheke Herbs Team!