

A close-up photograph of sage leaves, showing their characteristic silvery-green, textured surface and elongated shape. The leaves are arranged in clusters along a stem, with some leaves in sharp focus and others blurred in the background.

APOTHECARY MONTHLY NO. 15

SAGE

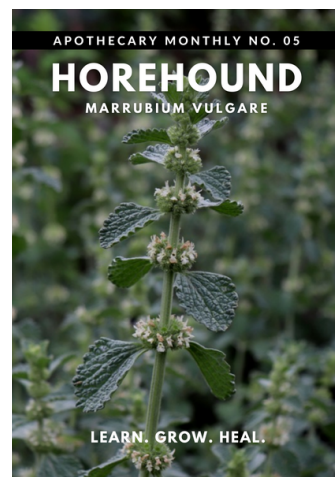
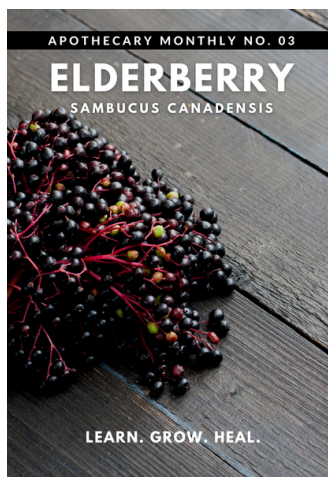
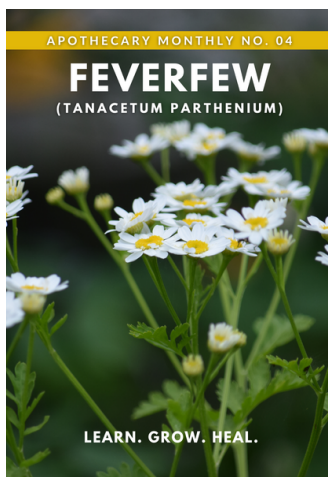
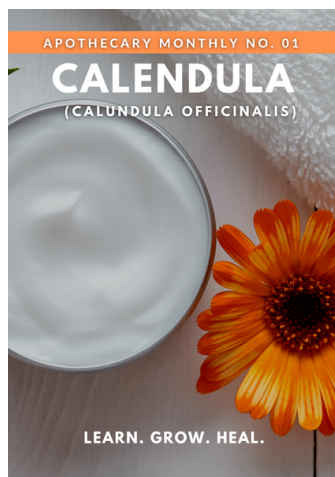
SALVIA OFFICINALIS

LEARN. GROW. HEAL.

Hello!

We are so excited that you chose our herbalism study companion. Our hope is that as we progress through each month of the series, your understanding of medicinal plants and techniques will incrementally grow demystifying herbalism.

Over the past few years at Southern Seed Exchange, it has become evident that a change has occurred and people are trying to take their health into their own hands. The Covid 19 pandemic has only reaffirmed that and there is currently an unquenching thirst for medicinal plants and the knowledge of how to use them.



While we have always tried to help our customers learn about the medicinal benefits of plants, we knew that there had to be a better way which led to the creation of Apothecary Monthly. This subscription box is dedicated to that pursuit and we are so excited for you to take this journey with us as we...

LEARN, GROW and HEAL... Like Mother Nature intended.

BOX CONTENTS

Booklet

Disclaimer Card

Sage Seeds

Starter Pot

Soil Puck

Plant Marker

Sage Dried Herbs (Jar)

Sage Dried Herbs (Bag)

4 oz. Organic Honey

4 oz. Organic Apple Cider Vinegar

8 oz. Boston Bottle

1 oz. Boston Bottle w/ Dropper

Muslin Bag

2 Tea Bags

SAGE (SALVIA OFFICINALIS)

While sage might be commonplace in nearly every home's spice rack, do not let that fool you. Sage has one of the longest histories of any medicinal herb and is a dynamic plant with proven scientific backing for treating a wide range of ailments. Its healing properties are so well regarded that the genus for sage, *Salvia*, literally means "to save or heal".

While the term "sage" is often used for other closely related species, we will be dealing exclusively with *Salvia officinalis* which is also known as common sage, broadleaf sage, garden sage, kitchen sage, culinary sage and true sage. *Salvia officinalis* is a perennial, evergreen subshrub, with woody stems, grayish leaves, and blue to purplish flowers and is a member of the mint family Lamiaceae.

Today, sage has been naturalized worldwide, but it was originally native to the Middle East and Mediterranean area. Sage has been used in folk medicine to treat many different types of disorders, including epilepsy, ulcers, gout, rheumatism, inflammation, dizziness, tremors, paralysis, diarrhea, and hyperglycemia. To support those uses, a large number of studies have been conducted on this plant in recent years in an attempt to document its traditional uses and discover new biological effects. As a result of these studies, *Salvia officinalis* has been found to possess a wide range of pharmacological activities. Among these effects are anticancer, anti-inflammatory, antinociceptive (blocking pain stimulus), antioxidant, antimutagenic (decreases the effects of potentially harmful chemicals), antidementia, hypoglycemic, and hypolipidemic (reduces lipids which bind cholesterol) effects.

When trying to use the medical properties of an herb, a decision has to be made on what delivery method to use such as a tincture or balm. For sage, we felt it was the perfect time to introduce oxymels. Oxymel which translates to "acid and honey" is a technique for creating herbal elixirs. By combining apple cider vinegar with honey, we will be able to extract the medicinal properties of sage using an incredibly simple method of delivery, which you can easily replicate with most herbs, especially pungent ones that are difficult to take down!



THE SCIENCE

Animal testing has shown that the compound camphor found in sage promotes skin-cell growth and slows signs of aging. The antioxidant rosmarinic acid helps relieve oral pain and inflammation. Sage contains several anticancer compounds which could possibly decrease the risk of thyroid and colon cancer. Animal and human testing has shown sage tea reduces fasting blood sugar levels. Multiple studies have shown sage improves memory and brain functions. Sage also may help reduce menopause symptoms.

TRADITIONAL USES

With a long medicinal history, sage has an enormous list of ailments that it has been used for. In ancient Rome, sage was used as a digestive aid, to stop wound bleeding, for the treatment of ulcers and for sore throats. Ancient Egyptians used sage for fertility. The French, Germans and English used sage to enhance memory and for prosperity. In China, sage for stomach, digestive and nervous system issues as well as for typhoid fever, liver, kidneys, colds and joint pain.



POTENTIAL RISKS

Sage is considered safe with no reported side effects, but there are conflicting concerns about the compound thujone found in sage which may be toxic in high levels. The dosage necessary to reach harmful levels is quite high (3-7 grams per day). A safe medium would be to limit sage consumption to the equivalent to a maximum of 6 cups of sage tea per day. Sage tea has less than 11 mg per 4 cups (1 liter) which is only .011 of a gram of thujane. Like always, consult a medical professional if you have any concerns.

GROWING SAGE



SOWING

It is best to start planting sage indoors 6-8 weeks before the last spring frost. Plant the seeds just below the soil surface at a temperature of 65-70°F. Keep the soil lightly moist with a spray bottle or careful watering. Sage should germinate in 2-3 weeks, but it has a naturally low germination rate. After the last spring frost, transplant into full sun or partial shade in well-draining soil spaced 12-15" apart. While direct sowing is possible, the cold of spring can delay its growth and germination time. Sage makes an excellent container plant.

GROWING

While it is important to water young seedlings regularly, mature sage develops its strongest flavor when left alone without fertilizer and water. Overwatering may result in root rot. Established plants should be pruned both in the spring and after blooming to encourage new growth and create a bushy, compact plant. After about four years, sage begins to lose its potency and may need to be replanted from cuttings. A layer of mulch will be helpful to protect sage over winter. Companion plants include cabbage to repel harmful cabbage butterfly and carrots from pests. Sage along with other aromatic herbs can stunt the growth of cucumbers.

HARVESTING SAGE

HARVESTING

Sage should not be harvested until the second year of its growth to allow the plant to become established. Harvest fresh leaves as needed; the best time for harvesting is in the morning, after the dew has dried. Fresh leaves achieve their peak flavor right before the plant flowers, but after this point the flavor declines. The leaves have the best flavor when fresh, but they can also be frozen and keep very well when dried.

DRYING

1. **OPEN AIR:** You can use twine or a rubber band to bind your sage leaves in groups. Hang the bundles until they are dry by covering them with a perforated paper bag. It may take several days to complete, depending on the humidity.
2. **FOOD DEHYDRATOR:** Spread the fresh sage leaves out on the rack in a single layer and soak them for about an hour before drying at 95-115°F until they crumble easily.
3. **OVEN:** Lay parchment paper on a baking sheet and arrange the sage leaves on it in a single layer. Check on the sage every 15 minutes in the oven at its lowest temperature until it has dried.



PROJECT 1 - SAGE SALVE

Throughout history, apple cider vinegar and honey have been used for boosting immunity, soothing dry throats, and tempering digestive issues. When an herb is added to this the honey and vinegar creating an oxymel, the powers of all three elements are used to create a highly effective herbal delivery method. Traditionally, as much as five parts honey to one part vinegar were used in oxymel recipes from times past. In today's oxymel recipes, vinegar and honey are balanced more equally for a more balanced taste, depending on your palate and your goals for herbal extraction, but there is flexibility to adjust the ratio based on your needs. Through the creation of the oxymel in this project, you will have a multipurpose remedy that can be used to take advantage of the benefits of sage.

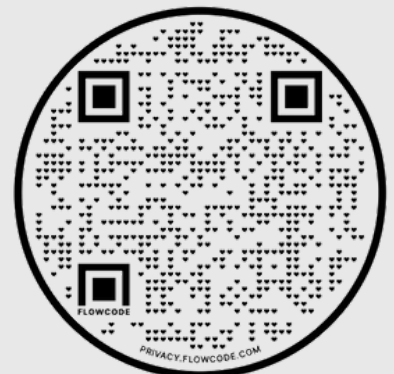
USAGE

Take a spoonful as needed up to 3 times per day for sore throat, coughs, colds, fevers, mental clarity, indigestion, or upset stomach.

INGREDIENTS

- 8 ounce Boston bottle
- Dried sage
- 4 ounces organic honey
- 4 ounces organic apple cider vinegar

PROJECT VIDEO



PROJECT 1 - DIRECTIONS

STEP 1 - Fill a mason jar 1/4 full with the supplied dried sage.

STEP 2 - Cover with equal parts apple cider vinegar and honey to fill jar.
Stir to incorporate.

STEP 3 - Wipe any liquid off the rim and top with a tight-fitting plastic lid.
Alternatively, place a piece of parchment paper under a metal canning lid and ring to keep the vinegar from touching the metal.

STEP 4 - Shake jar until thoroughly mixed.

STEP 5 - Store jar in a cool, dark place to extract for at least 2 weeks, but 4 weeks will allow the flavours to further meld. Shake jar at least twice a week to assist in extraction.

STEP 6 - Strain out herbs through a fine mesh strainer or muslin cloth, pressing down on the herbs to release as much liquid as possible, retaining liquid and setting herbs aside to compost.

STEP 7 - Pour strained oxymel into the supplied 8 ounce Boston bottle.

STEP 8 - Date and store in cool, dark place until ready to use. When stored properly, shelf life is approximately 6 months. If stored in the refrigerator, the shelf life can reach 12 months.

PROJECT 2 - SAGE TINCTURE

While making a simple tincture may not be the most exciting project that we will do, tinctures are a hallmark of herbalism. Unlike an oil infusion that tends to be a more diluted extraction of the herb and is useful in creating other projects such as balms and salves, the use of alcohol to make a tincture creates a highly concentrated herbal extract that can often provide more benefits than multiple cups of an herbal tea. Use this sage tincture to help with your general well-being, gut health, digestive support and mental clarity.

USEAGE

Shake well before using. Keep out of reach of children. Take .7 to 1 ml (full dropper) up to 3 times a day with a small amount of water or juice.

DIRECTIONS

Combine 1 part dried sage herbs to 4 parts alcohol in a mason jar and store in a dark spot for 4-6 weeks. Any 40% alcohol (80 proof) such as vodka will work. Unfortunately, state regulations prevent us from shipping spirits. Once complete, strain the liquid from the herbs and pour the mixture into the provided 1 ounce Boston bottle with dropper. Tinctures will store for 5 years or longer.





SAGE LEMON TEA

Sage tea is full of antioxidants and anti-inflammatory compounds which can be a great ally in promoting your overall wellbeing including skin, oral, and brain health, as well as decrease your risk of type 2 diabetes and heart disease, among other benefits. Just make sure to keep your sage tea useage to no more than 3-6 cups per day.

INGREDIENTS

- 4 cups water
- 1/2 ounce sage herb
- 2 tablespoons sugar
- 1 1/2 tsp lemon zest
- 3 tbsp lemon juice

DIRECTIONS

1. Gather the ingredients.
2. Bring water to a boil.
3. Reduce to a simmer and add the sage herb, sugar, lemon zest and lemon juice. Stir well.
4. Steep for 20-30 mins.
5. Serve hot or chilled with ice.



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Apothecary Monthly

The foundation of Apothecary Monthly is to help people take responsibility for their body and their own health. We want to assist you with that, so you understand the potential of nature, but with knowledge comes responsibility. Simply knowing the benefits of a plant is only a part of the equation. You must know when that knowledge should be applied... and more importantly when it shouldn't. For that reason, we always recommend that you work in conjunction with a trained herbalist or physician who can help you with any potential contraindications. These remedies while in many cases are thousands of years old, may not be approved by the FDA and are provided for educational purposes. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Apothecary Monthly and Southern Seed Exchange assumes no responsibility.

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