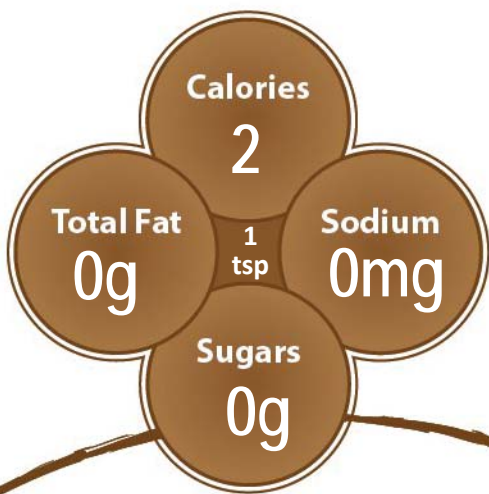


Harvest of the Month



FUN FACTS:

Sage is a small perennial shrub that grows about 3 feet tall. The leaves are oval, gray-green, soft, and fuzzy. The purplish-blue flowers are edible, too.

Sage has been used for medicinal and culinary purposes for over 2000 years.

As a cooking herb, sage is considered to have a slight peppery flavor.

Medicinally, sage can help reduce excessive perspiration, sore throats, and cramping. It also promotes good digestion.

This institution is an equal opportunity provider.

