

Dragonfly's Nook

PLANTS ♦ CRAFTS ♦ GOOD VIBES
Grow a kinder, greener tomorrow ♥

SAGE

(*Salvia officinalis*)

♥ Wisdom in Every Leaf ♥

A timeless herb for mind, body, and home.

Small
Plant
Big
Medicine
♥

Happy
Plants
Happier
People
♥



Medicinal Benefits

- ♥ **Supports memory and cognition** – May help improve memory, attention, and cognitive performance (1, 2).
- ♥ **Anti-inflammatory** – Contains rosmarinic acid and other compounds that may help reduce inflammation (3, 4).
- ♥ **Antimicrobial and antiviral** – Traditionally and clinically shown to inhibit the growth of bacteria, viruses, and fungi (5, 6).
- ♥ **Supports digestive health** – May help reduce bloating, gas, and indigestion (7).
- ♥ **May help with menopausal symptoms** – Some studies suggest sage may reduce hot flashes and excessive sweating (8).
- ♥ **Rich in antioxidants** – Helps protect cells from oxidative stress (9).

Ancient herb.
Modern benefits.
A brighter you. ♥

Good for the Garden

- ♥ Attracts bees, butterflies, and other beneficial pollinators
- ♥ Helps deter common garden pests (cabbage moths, carrot flies, etc.)
- ♥ Deer resistant
- ♥ Great companion plant for cabbage, carrots, rosemary, and tomatoes
- ♥ Long-lived and low maintenance

Plant Information

- ☀ **Type:** Perennial herb
- ↑↓ **Height:** 1 – 3 feet
- ↔ **Spread:** 1 – 2 feet
- 🌸 **Bloom Time:** Late spring – early summer (purple, blue, or pink flowers)
- ☀ **Sunlight:** Full sun (at least 6 hours)
- 💧 **Soil:** Well-draining, sandy or loamy soil
- 🌿 **Water:** Low to moderate (drought tolerant once established)
- ❄ **Hardiness Zones:** 5 – 9

Drought tolerant,
deer resistant, and
pollinator friendly!
♥

Fun Fact!

Sage has been considered sacred for thousands of years! It was used by the ancient Romans, Greeks, and Indigenous peoples for healing, purification, and wisdom. ♥

How to Use Sage

Different parts of the plant can be used in many wonderful ways!

Leaves

(most commonly used)



- ♥ Use fresh or dried in cooking (meats, soups, stuffings, sauces)
- ♥ Brew into teas and infusions
- ♥ Use in herbal blends and tinctures
- ♥ Add to oils, vinegars, and marinades
- ♥ Burn dried leaves for cleansing and smudging
- ♥ Use in bath soaks for relaxation

Bold flavor.
Big benefits. ♥

Flowers

(less commonly used)



- ♥ Edible and mildly sweet
- ♥ Use as a garnish for salads and dishes
- ♥ Attract pollinators to your garden
- ♥ Can be infused into teas or herbal vinegars
- ♥ Add beauty to herb gardens and bouquets

Beautiful blooms.
Helpful, too. ♥

Stems

(often overlooked)



- ♥ Can be used in stocks, broths, and soups
- ♥ Add to herbal infusions
- ♥ Use in smudge bundles
- ♥ Contain beneficial compounds, though less concentrated than leaves
- ♥ Can be composted

Don't discard the stems –
they still have goodness! ♥

Popular Ways to Enjoy Sage



Herbal Tea
(memory & relaxation)



Infused Oil
(skin care & cooking)



Culinary Use
(meats, vegetables, stuffings)



Smudging
(cleansing & intention)



Sachets
(drawers, closets, cars)



Salve
(skin support)

From the garden to your home – sage brings
wellness, flavor, and peace. ♥

Healthy
Plants
Healthy People
Happier Days
♥

Selected Studies & Sources

1. Kennedy, D. O. et al. (2011). Sage extract and cognitive performance. *Pharmacology Biochemistry and Behavior*.
2. Scholey, A. B. et al. (2008). Cognitive enhancement with sage. *Human Psychopharmacology*.
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5. Nostro, A. et al. (2000). Antimicrobial activity. *Journal of Applied Microbiology*.
6. Pardo, F. et al. (2009). Antiviral properties. *Phytotherapy Research*.
7. Scarpa, M. et al. (2000). Digestive health. *Phytomedicine*.
8. Shakeri, F. et al. (2016). Sage and menopausal symptoms. *Complementary Therapies in Medicine*.
9. Tepe, B. et al. (2006). Antioxidant activity. *Food Chemistry*.

(Full citations available upon request)

Good
Herbs
Brighter
Tomorrows
♥

Plant Wellness ♥ Grow Joy ♥ Dragonfly's Nook ♥