



Share your photos and opinions
on our Facebook page!

  @parkcitypubliclibrary

Take a picture and email them and
your thoughts to us at:
librarian@parkcitypubliclibrary.com

*Spice of the Month Kits are free, but supplies
are limited. Please, only one kit per household.*

Park City Christmas



Join us at the library to take photos with Santa
(5-6:30pm), have snacks, and make crafts!

parkcitypubliclibrary.com
316-744-6318
2107 E 61st St N, Park City, KS 67219



Spice of the MONTH



sage

Spice up your life!

The library will have take-and-make
kits to pick up at the beginning
of every month.

Each kit includes:

- Packet of the featured spice
- Information and fun facts
- Recipes to try at home



sage

Common sage, *Salvia officinalis*, is an aromatic herb in the mint family (*Lamiaceae*). It can be used fresh or dried to flavor a variety of dishes and is prominent in Greek, Italian, and European cuisines. In the U.S., sage is most often associated with stuffing for a holiday turkey.

The genus name *Salvia* comes from the Latin “salvere”, meaning “to save,” reflecting its traditional medicinal uses. The name *officinalis* refers to “officina”, the storeroom in monasteries where herbs and medicines were kept. Sage is known by many names around the world: marameeah (Arabic), shu wei cao (Chinese), sauge (French), salbei (German), salvia (Italian/Spanish), and sathi (Punjabi).

Sage is a medium-sized perennial shrub, growing up to 2 feet tall. Its dusty gray-green leaves are covered in fine, velvety hairs, giving it a fuzzy, cottony texture. Sage usually has purple or blue flowers that are very attractive for pollinators. Native to the Mediterranean, it thrives in cool temperate to subtropical climates.

FUN FACTS

- Ancient Egyptians used sage as a fertility treatment.
- Ancient Greek physicians Dioscorides and Galen recommend sage for wound healing, women’s health, and as a diuretic.
- One common belief was that sage strengthened the memory, hence a "sage" (wise man) always had a long memory.

Information from *Britannica* and *McCormick Science Institute*

Instructions

1. Gather the ingredients.
2. Melt 4 ounces (8 tablespoons) unsalted butter in a medium saucepan set over medium-low heat. When the butter begins to bubble, add 1 large crushed and finely chopped garlic clove.
3. Stir the garlic-butter mixture until just fragrant, about 1 minute. Add sage to the garlic-butter mixture, and continue stirring until the butter has turned very light brown and has a rich, nutty aroma, 2 to 4 minutes.
4. Season 1/8 teaspoon freshly ground black pepper and fine salt, to taste.
5. Serve over vegetables, fish, pasta, or ravioli.

Tips

Brown butter sauce is extremely easy to burn. Make sure to constantly stir the butter once the solids start to form. Although it's tempting, be sure not to step away from the pan, even for a moment. Once the butter starts to smell caramelized and nutty, take the pan off the heat and transfer the butter to a separate bowl. This will ensure that it doesn't burn due to residual heat.



Brown Butter Sage Sauce

🕒 Total Time: 10 mins

🍽 Servings: 4



Ingredients

- 4 ounces (8 tablespoons) unsalted butter
- 1 large clove garlic, crushed and finely chopped
- **4 teaspoons dried sage***
- 1/8 teaspoon ground black pepper
- Fine salt, to taste

Brown butter pairs well with autumnal ingredients like mushrooms, pumpkin, and butternut squash. Butternut squash ravioli and sweet potato ravioli make excellent combinations or simply serve with any pasta. It's good drizzled over firm-baked white fish, such as cod, or simple roasted chicken.

***Fresh sage is preferred, but the recipe has been adjusted to use dried.**

Recipe from: **The Spruce Eats**

<https://www.thespruceeats.com/sage-brown-butter-sauce-recipe-1375281>



SAGE & SAUSAGE STUFFING

🕒 Total Time: 2 hrs 50 mins

🍽 Servings: 10 - 14



Ingredients

- 2 1/2 pounds high-quality sandwich bread or soft Italian or French bread (about 2 loaves), cut into 3/4-inch cubes (about 5 quarts)
- 8 tablespoons butter
- 1 1/2 pounds sage sausage, removed from casing
- 1 large onion, finely chopped
- 4 large ribs celery, finely chopped
- 2 cloves garlic, minced or grated
- **2 teaspoons dried sage**
- Kosher salt and freshly ground black pepper
- 1 quart low-sodium homemade or store-bought low-sodium chicken or turkey stock divided
- 3 large eggs
- 1/4 cup minced parsley leaves, divided

Recipe from: **Serious Eats**

<https://www.serious-eats.com/classic-sage-and-sausage-stuffing-or-dressing-recipe>



Instructions

1. Adjust oven racks to lower-middle and upper-middle positions. Preheat oven to 275°F. Spread bread evenly over 2 rimmed baking sheets. Stagger trays on oven racks and bake until completely dried, about 50 minutes total, rotating trays and stirring bread cubes several times during baking. Remove from oven and allow to cool. Increase oven temperature to 350°F.
2. In a large Dutch oven, melt butter over medium-high heat until foaming subsides (do not allow butter to brown), about 2 minutes. Add sausage and mash with a stiff whisk or potato masher to break up into fine pieces (largest pieces should be no bigger than 1/4 inch). Cook, stirring frequently, until only a few bits of pink remain, about 8 minutes. Add onion, celery, garlic, and sage and cook, stirring frequently, until vegetables are softened, about 10 minutes. Remove from heat and add half of chicken stock.



Instructions Continued...

3. Whisk remaining chicken stock, eggs, and 3 tablespoons parsley in a medium bowl until homogeneous. Stirring constantly with a wooden spoon, slowly pour egg mixture into sausage mixture. Add bread cubes and fold gently until evenly mixed.
4. Use part of stuffing to stuff turkey, if desired. To cook remaining stuffing, transfer to a buttered 9 by 13 inch rectangular baking dish (or 10 by 14 inch oval dish), cover tightly with aluminum foil, and bake until an instant-read thermometer reads 150°F when inserted into center of dish, about 45 minutes. Remove foil and continue baking until golden brown and crisp on top, 15 to 20 minutes longer. Remove from oven, let cool for 5 minutes, sprinkle with remaining parsley, and serve.



This recipe can be scaled down by half. Divide all ingredients by two; use 2 eggs instead of 3; use 1 rimmed baking sheet instead of two to dry the bread; bake stuffing in a 10-inch cast iron or carbon steel skillet instead of a 9- by 13-inch baking dish.