

Herb of the Week: **SAGE**



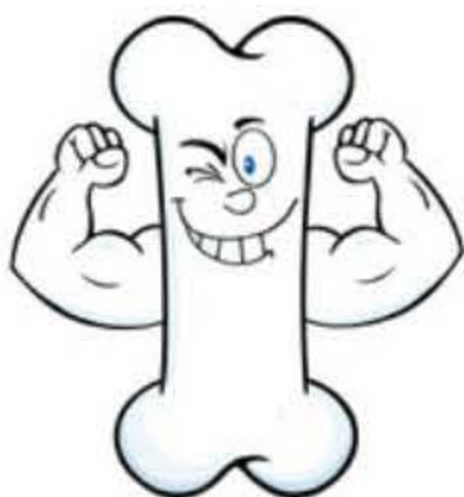
Health Benefits



ANTI-INFLAMMATORY

Can help relieve
gastrointestinal and
respiratory inflammation

BOOST IMMUNITY
Reduces likelihood of viral
and bacterial infections.



BONE HEALTH

Contains vitamin K which is
important in bone health.



Kitchen Tips

USE TO MAKE A BREW

GARNISH SOUPS

SEASON VEGETABLES

**ADD TO TOMATO
SAUCE**

read more about these tips:
[https://www.organicfacts.net/
health-benefits/herbs-and-
spices/sage.html](https://www.organicfacts.net/health-benefits/herbs-and-spices/sage.html)