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