



Farm of Aromatic Plants
"Aromatika Sideron"



My Sage

Sage comes from the Latin verb Salvare which means "save" or "heal".

Our Sage, like all our aromatic plants, is cultivated on our farms at an altitude of 1020 meters.

It has many names. In our village, Sidera Kozani, they call it Chopan Tsira, that is, shepherd's pillow. Its peculiar and rich aroma repels snakes and for this reason the shepherds used it as a head restraint.

Its relatively small size and rich aroma make it distinct from other Sage species grown in our homeland.

Think of it as a "herb of longevity and immortality" and shepherd's pillow for its medicinal properties.

It is a herb that has many therapeutic properties and is used for respiratory infections, to relieve congestion, to cure cough and to treat indigestion and diabetes.

As a decoction it is ideal for the treatment of pharyngitis, gingivitis, mumps and various mouth wounds. It also stimulates the nervous system, increases memory and stimulates blood circulation. Some research has shown that they can be used to prevent Alzheimer's disease.

It relieves mosquito bites and wasps, rubbing the irritated spot with its fresh leaves.

Uses of Sage in Cooking

In cooking it is used for flavoring various broths, foods and vinegar.

It is suitable for marinating, to accompany meats (pork, chicken) and to be used in various sauces. Combines well with oregano, thyme, *Thymus Citriodorus* and rosemary

It should be used with caution, as there are cases of overuse poisoning, mainly due to the thiugene present in the plant.

Sage Drink: Dosages and Instructions



For a glass the right way to prepare a drink is as follows:

- Boil the water first (a glass) and shortly before boiling, remove from the heat.
- Pour in two grams of Sage from the "**Aromatika Sideron**" and leave for 10 minutes
- Strain it and drink it.

It combines perfectly with honey and you drink hot or cold all year long, up to one glass a day.

We can store it in the fridge and enjoy it frozen. Keep for up to 24 hours.

Note-Tip: The information provided is purely informative and should not replace your doctor's advice or guidance. The information given here is not, cannot and should not be used as a treatment option.

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