



OCTOBER'S RECIPE

THE SAGE THING TO DO

a sweet & savory recipe for the cold seasons



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MOON BY MOON APOTHECARY

october

is one of my favorite months of the year ~ some may say selfishly so because it is my birth month, but i truly love the way october settles like a little hen over the world. it is a nesting time, a time to settle in. the nights are longer, the air cooler, there is more room to breathe & rest & outside, all the leaves are beginning their great, colorful dance upon the trees upon the wind upon the ground

Salvia officinalis, otherwise known as the common kitchen sage, is by far my favorite "kitchen" herb to have in the cupboard. i seem to find endless uses for sage & it is certainly the plant i reach for first whenever i am starting to feel *off*, or there is that persistent tickle in my throat that won't seem to clear... as soon as i sense that i am coming down with something, i make a strong tisane of sage leaves & do not shy away from adding a nice amount of honey

sage & honey are meant to be. i truly believe this. there is no wrong way for them to share space together & if you have yet to try this, stop reading here & go make a cup of sage tea with honey!

this recipe is for a sage electuary: a powdered herb & honey-based remedy that is perfect for those sore throats & cold chills & long nights where you want to cozy up to something sweet ~

you'll need

- 1.5 parts powdered sage*
- 2 parts powdered mallow root
- raw, local honey (more honey will create a thinner paste & will be sweeter!)

*if you cannot find already powdered sage leaf, you can try making your own by placing dried leaves in a goof coffee grinder, ninja food processor or vitamix

electuaries have a strong flavor, so they may be enjoyed slowly on their own, right off of a spoon, or added into tea, milks, oatmeal, or anything else you'd like to add a little sweetness to ~

recipe

- combine your powders well & slightly warm your honey (just warm enough to flow, not boiling or too hot)
- pour enough warmed honey over the sage powder & to create a thick paste ~ mixing together well, to ensure all the powder is well-incorporated into the honey
- the texture will be thick enough to shape but soft enough to be like a dough
- though simple, just note that the work is in the time it takes to fully blend the honey with the powder!
- you can taste your electuary right away, or let it sit a few weeks to really steep in all the flavor