



## Apple Sage Italian Soda

By Dylan Sabuco

**Prep Time 5 / Cook Time / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**chop:** to cut something into small, rough pieces using a blade.

### Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus juicer (optional)
- ☐ Liquid measuring cup
- ☐ Dry measuring cups

### Ingredients

#### Apple Sage Italian Soda

- ☐ 1 apple
- ☐ 2 fresh sage leaves
- ☐ 1/2 lemon, juiced
- ☐ 2 C water

☐ 1/4 C granulated sugar + more if needed

☐ 2 C sparkling water

☐ 2 C ice

## Food Allergen Substitutions

Apple Sage Italian Soda

## Instructions

Apple Sage Italian Soda

chop + juice

Chop **1 apple** into pieces, tear **2 sage leaves**, squeeze **1/2 lemon** into a blender (or pitcher for use with an immersion blender) with **1 cup of the cold water** and **1/4 cup sugar**.

blend + pour

Blend until smooth and add remaining **1 cup of cold water**. Taste and add more sugar if needed. Add **2 cups of sparkling water**, stir, and serve over ice. "Salute" (sah-LOO-teh) or "Cheers" in Italian!

## Featured Ingredient: Sage!

Hi! I'm Sage!

"I'd like to think my name shows that I'm very wise. Although, if I'm not wise, at least I'm flavorful! I've been described as tasting earthy and slightly peppery, with notes of citrus and pine. I add an aromatic flavor to your Thanksgiving stuffing!"

History & Etymology

Common sage is an herb with a savory, slightly peppery flavor. Sage has been used as medicine and food for centuries.

Sage is native to the region of the Mediterranean Sea, but it has also been grown and has become naturalized in many other parts of the world.

In ancient Rome, sage was used as an antiseptic, a diuretic, and an aid in the digestion of fatty meats. It was still considered an herbal medicine during the Middle Ages for many of the same issues the Romans encountered. It was also used to help stop bleeding.

The word "sage" is from Middle English, from the Old French "sauge," from the Latin "salvia" or "'healing plant," from "salvus" or "safe."

## Anatomy

The common sage plant (*Salvia officinalis*) is a small perennial, evergreen shrub. It has woody stems, greenish-gray leaves, and purple flowers. It prefers to grow in a warm climate and dry soil.

Sage is a member of the Lamiaceae or mint family. Other members include basil, catnip, lavender, marjoram, oregano, rosemary, and savory.

## How to Pick, Buy, & Eat

Fresh sage leaves should be picked from your garden or container before the plant flowers for the best flavor. Store leaves in a paper towel and put them in your refrigerator to keep them fresh. If you remove a stem with leaves on it, put the stem in a glass of water. Use the fresh sage within a week of harvesting it. Sage is used in American and British cooking, especially in dressings or stuffings with chicken and turkey, served for Christmas or Thanksgiving dinners. It goes well with duck, pork, sausage, and other fatty meats.

In Italy, sage is added to gnocchi and pasta dishes. It is an essential ingredient in the Italian dish "saltimbocca" (veal wrapped in prosciutto and sage).

Sage tea is made using either fresh sage leaves or dried sage.

Some of the sage grown in Europe is distilled into sage oil, an essential oil.

Sage flowers are the favorite of bees, and sage honey has a lovely aroma, although it is quite expensive.

## Nutrition

Sage has high amounts of vitamin K, which is good for building strong bones and helping blood to clot. It also contains antioxidants, such as vitamins A, C, and E, which may help lower cancer risk and benefit brain function.

Sage tea has been shown to decrease levels of bad cholesterol and increase levels of good cholesterol.