

## Did You Know...

Sage is one of the four sacred medicines in Anishinaabe teachings. It is used to prepare people for ceremonies and teachings and can be included in the Indigenous practice of smudging. When used in smudging, the Anishinaabeg knew sage cleansed a person or place of negative thoughts.

[\\*www.downiewenjack.ca\\*](http://www.downiewenjack.ca)



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[www.tbpl.ca/spice-club](http://www.tbpl.ca/spice-club)



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TBPL  
Spice Club

Spice of the Month:  
Ground Sage

# Three Sisters Soup

\*Recipe found at  
[food-guide.canada.ca](http://food-guide.canada.ca)

## Ingredients

- 2 teaspoons vegetable oil
- 1 onion, diced
- 4 carrots, chopped
- 4 cloves of garlic, minced
- 4 stalks of celery, chopped
- 8 cups vegetable broth
- 1 acorn or butternut squash, peeled and cubed
- 1 ½ cups frozen corn
- 2 cans of beans, rinsed and drained
- 2 teaspoons dried thyme
- 2 teaspoons ground sage
- 1 teaspoon ground pepper

## Directions:

1. Heat oil in a large saucepan. Add onion and sauté on medium heat for 2 minutes or until golden.
2. Add carrots, garlic, and celery. Sauté for 8 minutes or until soft.
3. Add vegetable broth and bring to a boil. Once boiling, reduce heat and carefully add cubed squash. Simmer, covered, for 8 minutes.
4. Add beans, corn, thyme, sage, and pepper. Stir and let simmer for another 5 minutes or until squash is soft.
5. Enjoy with fry bread or bannock!

# Wild Rice and Mushrooms

\*Recipe from “A Feast for All Seasons” by  
Andrew George Jr. and Robert Gairns

## Ingredients

- ¼ cup of butter
- ½ cup of chopped onions
- ¼ cup of finely chopped celery
- ½ teaspoon of ground sage
- ½ teaspoon of dried thyme
- 3 cups of sliced wild or white mushrooms
- 1 ½ cups of wild rice
- 3 cups of chicken stock
- 2 tablespoons of chopped parsley

## Directions:

1. In a large skillet over medium-high heat, melt the butter. Sauté the onion and celery until onion is soft.
2. Stir in sage and thyme, then mushrooms. Cook for 2-3 minutes or until mushrooms are tender.
3. Wash rice thoroughly. Place in a heavy saucepan with chicken stock and bring to a boil. Reduce heat to low and simmer, covered, for 35 minutes or until rice is tender and stock has been absorbed.
4. Stir mushroom mixture and parsley into rice and enjoy!

# Sage Mashed Potatoes

\*Recipe found at [cooktoria.com](http://cooktoria.com)

## Ingredients

- 3 pounds of potatoes
- 5 tablespoons of butter
- 2 teaspoons of ground sage
- 1 cup of whole milk
- ½ cup of Parmesan cheese
- pinch of salt

## Directions:

1. Peel and quarter potatoes and boil them in a large pot of water for 20 minutes, until tender.
2. Heat butter in a pan on medium heat. Add sage and cook until butter browns. Add milk and simmer.
3. Drain cooked potatoes and mash. Add in the butter mixture, Parmesan, and salt.
4. Mash until smooth and serve!

