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Check out these resources for more recipes and information about spices!

Cookbooks can be found at 641.5 in the non-fiction section.

Books about spices can be found at 641.338 in the non-fiction section.

This month's spice was purchased at Bins and Bins at 107 Shirreff Ave., North Bay, ON.

Tell them the NBPL sent you!  
Receive 10% off your purchase at Bins and Bins when you mention our Spice Club!

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## Spice Club

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MAY  
2023:  
SAGE



## THIS MONTH'S SPICE: SAGE

### APPLE AND SAGE ROAST CHICKEN

#### INGREDIENTS

- 1 (4- to 5-pound) roasting chicken
- 4 Tablespoons unsalted butter
- 1 1/2 Tablespoons minced fresh sage\*\* OR 1 1/2 teaspoons dried sage
- 2 cloves garlic
- 1 apple, cored and cut into wedges

#### INSTRUCTIONS

- Preheat the oven to 450°F.
- In a small saucepan set over medium-low heat, combine the butter and minced sage. Cook until the butter is melted.

#### INSTRUCTIONS (continued)

- Rinse the chicken, remove the giblets (if included) and trim off any excess fat. Thoroughly dry the chicken then place it in a skillet, nonstick sauté pan or roasting pan.
- Brush the chicken all over, with the melted sage butter then season the chicken all over generously with salt and pepper. Place the apple wedges and smashed garlic cloves inside the cavity then using kitchen twine, tie together the legs.
- Roast the chicken for 1 hour, basting it every 15 minutes with the juices and excess melted butter than collect in the pan. (Tilt the pan to collect the juices and spoon them back atop the chicken.)
- Remove the chicken from the oven once it has reached an internal temperature of 165°F and let it rest for 10 minutes on a cutting board before slicing and serving.

This recipe came from Just a Taste  
(<https://www.justataste.com>)

## DID YOU KNOW?

Sage has been cultivated for millennia and its botanical name *Salvia* comes from the Latin *salvere* which means "to save" or "to heal". This herb has long been used for its medicinal properties.

Sage has a high pungency level, whether fresh or dry. If you do not have fresh sage on hand, you can substitute dry with the following ratio:

1 tablespoon chopped fresh leaves =  
1 teaspoon dried sage

(from *The Spice and Herb Bible* 3rd edition by Ian Hemphill)