

SAGE

yum with roast chicken, in soup, salad and on pizza

N
T
I-
O
X
I
D
A
E
N
H
A
N
C
E
S
M
O
O
D
R
Y
 I-
N
F
L
A
M
M
A
T
O
R
Y
 A
S
T
H
M
A
 B
L
O
A
T
I
N
G
 B
L
E
E
V
I
N
G
 H
E
A
R
T
B
U
R
N
 A
S

AND SO MUCH MORE

High in Vitamin A & C.

Source of Iron,

Manganese, Copper
& Dietary

Fiber.

Thyme

oil treats

bedwetting, colic,

& diarrhea.

Improves vision, skin,

mucus and bone health

Tasty in tabouleh. Try on T-bone

Healthy in hamburgers

TRY healthy Yummy medicinal Energising

M is in mash. Marinade meat

Eat in Enchiladas & experiment

Oral health booster
 Respiratory reviving
 Eaten in pasta, salad & pizza
 Gastrointestinal gladdening
 Apply topically for acne
 Naturally bombards bacteria
 Olive accompaniment

Chocolate ~ Cologne ~ Apple ~ Peppermint
 Uses for
mint
 salad & punch & tea & garnish
 icecream (chocolate mint)
 Vietnamese for curries
 and stew

© www.lizzyainsworthbooks.com

Beautiful in tabouleh, pesto & pizza

O
O
S
T
I
M
M
U
N
I
T
Y

Actually amazing in Chocolate

Stunning as garnish

Interesting addition to risotto

Lovely to spice up sauce

R
A
D
I
C
A
L
S

S
K
I
N

H
E
A
R

J
O
I
N
T
S

H
E
A
L
T
H



HEADACHE HELP: PLACE IN BOILING WATER, STRAIN AND DRINK
CALMS YOU DOWN, SUGGESTS SLEEP, HALTS HICCUPS
& SOOTHES SORE STOMACH, SO SIP AND SLURP AS TEA