

Chervil, French Parsley

Family	Apiaceae
Botanical	Anthriscus cerefolium
Parts Used	Foliage
USDA Hardiness	3A - 8B
Light	Sun to Partial Shade
Soil	Well drained
Duration	Biennial



Propagation	Soil pH requirements: 6.1 (mildly acidic) to 7.5 (neutral) From seed, direct sow outdoors in fall.
Water	As needed, do not overwater
Growing	As soon as the weather gets warmer it bolts and then the leaves aren't as flavorful anymore. Chervil likes cool weather, sow in Fall, and have a lovely self seeded bounty in November, which stays evergreen throughout our winter.

Medicinal Uses Expectorant, diuretic, anti-inflammatory, detoxifying, carminative.

Benefits Has blood cleansing properties and a skin cleanser.

Preparation Body & Soul: Chervil Mint Toner
The scent of fresh chervil or "sweet fern," is believed to give one a feeling of well-being. It's also an excellent herb for cleansing the skin, leaving it soft and supple. With fresh mint, this toner is naturally refreshing. Makes 8 ounces.

- 1/4 cup fresh chervil leaves
- 1/4 cup fresh mint leaves
- 1 cup boiling water
- 1/4 cup rosewater

1. Place chervil and mint leaves in a bowl and pour boiling water over. Steep until completely cooled. Strain mixture and discard solids. Mix strained liquid with rosewater and pour into a clean bottle.
2. To use, apply to clean skin with a cotton ball or pad.
3. Store in refrigerator. Keeps for 1 week.

Read more: <http://www.motherearthliving.com/natural-beauty/body-soul-chervil-mint-toner.aspx#ixzz3Q2fUqgu1>

Fines Herbes

Culinary Uses One of the traditional herbs used in the fines herbes mixture in French cooking. Loses flavor quickly when heated, so add to recipes at the end.

Fines Herbes:

1 Tablespoon chopped tarragon

1 Tablespoon chopped chervil

1 Tablespoon chopped chives

1 Tablespoon chopped parsley

Using Fresh Herbs: Combine tarragon , chervil, chives , and parsley. Add fresh fines herbes at the end of the cooking process to preserve their flavor.

Using Dried Herbs: Combine the dried herbs. Place in a glass jar and seal tightly. Store in a cool, dark place up to 4 months.



Yield: about 1/4 cup

Historical Facts Chervil was once called myrrhis for its volatile oil, which has an aroma similar to the resinous substance of myrrh. One of the traditional fines herbes in French cuisine, chervil is valued for its light parsley-like flavor with a hint of myrrh. The benefits of chervil were described by the Roman scholar Pliny, and during the Middle Ages it was used to treat various ailments.

Additional Tips

Nutrition Facts Chervil is a rich source of certain minerals including potassium, phosphorus, copper, selenium, iron, manganese, magnesium, and calcium. It is also a rich source of vitamin A, vitamin C and vitamin D.