

Fines Herbes

Parsley, Italian Parsley, Flat Leaf Parsley

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| Family | Apiaceae |
| Botanical | Petroselinum crispum |
| Parts Used | Tap root, leaves and seeds |
| USDA Hardiness | 5A - 9B |
| Light | Full Sun to Partial Shade |
| Soil | Well Drained |
| Duration | Biennial |



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| Propagation | 5.6 to 6.0 (acidic) From seed. |
| Water | As needed, do not overwater |
| Growing | Grows well in the garden and in containers. It's a host plant for Black Swallowtails. It prefers a sunny location where it receives a bit of shade for part of the day. If the parsley is getting too much sun, it will go pale. If you let it go to seed the second year, it'll reseed itself. But it doesn't taste as good the second year, so you should do a second planting. Then you'll have an eternal rotation of parsley. |

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| Medicinal Uses | Diuretic, expectorant, emmenagogue, carminative, nervine, supposed aphrodisiac and tonic. |
| Benefits | One of the richest sources of vitamin C. Effective diuretic, an emmenagogue stimulating menstruation. Eases flatulence and colic pains. |
| Preparation | The root is collected in the fall from 2 year old plants. The leaves can be used anytime during the growing season. Infusion: Pour a cup of boiling water on 1-2 teaspoons of dried herb and infuse for 5-10 minutes. Drink 3 times a day. |

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Culinary Uses

Fresh chopped parsley has a spicy, peppery flavor and pairs well with potatoes, tomato-based sauces, poultry dishes, grain-based salads, seafood, Mediterranean flavors and egg dishes.

Tabbouleh recipe makes 8 servings

Ingredients:

- 1 cup bulgur
- 3 tomatoes, seeded and chopped
- 2 cucumbers, peeled and chopped
- 3 green onions, chopped
- 3 cloves garlic, minced
- 1 cup chopped fresh parsley
- 1/3 cup fresh mint leaves
- 2 teaspoons salt
- 1/2 cup lemon juice
- 2/3 cup olive oil

Directions:

1. Place cracked wheat in bowl and cover with 2 cups boiling water. Soak for 30 minutes; drain and squeeze out excess water.
2. In a mixing bowl, combine the wheat, tomatoes, cucumbers, onions, garlic, parsley, mint, salt, lemon juice, and olive oil. Toss and refrigerate for at least 4 hours before serving. Toss again prior to serving.



Historical Facts

Parsley is native to the Mediterranean region of Southern Europe. While it has been cultivated for more than 2,000 years, parsley was used medicinally prior to being consumed as a food. The ancient Greeks held parsley to be sacred, using it to not only adorn victors of athletic contests, but also for decorating the tombs of the deceased. The practice of using parsley as a garnish actually has a long history that can be traced back to the civilization of the ancient Romans.

While it is uncertain when parsley began to be consumed as a seasoning, it seems to be sometime in the Middle Ages in Europe. Some historians credit Charlemagne with its popularization since he had it grown on his estates.

In some countries, the curly leaf variety is more popular. This may have its roots in the ancient preference for this type since people were oftentimes reticent to consume the flat leaf variety because it resembled fool's parsley, a poisonous weed.

Additional Tips

Nutrition Facts

Rich in iron and calcium and vitamin C, A, and B.