

Did You Know?



Parsley, *Petroselinum crispum* spp.

- Parsley is an easily grown biennial which grows 12-15 inches high in sun to partial sun and moist well-drained soil.
- There are three main types of parsley grown in the United States:
 - *Petroselinum crispum* var. *crispum* – Curled-leaf parsley has bright green curly leaves and is the type most frequently used as a garnish.
 - *Petroselinum crispum* var. *neapolitanum* – Flat-leafed or Italian parsley has a flat leaf and is typically a darker green than the curly variety. It is generally preferred for cooking due to a stronger flavor, though both varieties can be used in cooking.
 - *Petroselinum crispum* var. *tuberosum* – Turnip-rooted variety is grown for its large root and is eaten as a vegetable.
- The many cultivars of both curled and flat-leafed parsley, each with characteristics that affect flavor, leaf shape and size, are available for home gardeners and commercially.
- Parsley is an attractive and edible addition to garden borders and container gardens.
- The sprig of parsley that is served as a garnish on the dinner plate is both attractive and can be eaten to freshen the diner's breath at the end of the meal as well as to aid digestion.
- Parsley is added to brighten the overall flavor as well as to heighten the flavors of the other ingredients in the dish.
- Parsley adds nutritional value to dishes as it is rich in iron, calcium and vitamin K, as well as vitamins A, B12, C and folic acid. Flavonoids and antioxidants also add to parsley's nutritional and healing value.
- According to medieval folklore, parsley cured baldness.
- Infusing parsley in bathwater for both cleansing and soothing the skin has been done for centuries. Infused parsley water also makes a good hair tonic, conditioner and can be added to lotion. Look for parsley, listed by its botanical name, in the list of ingredients in skin care products.
- Medicinal uses for parsley leaves have included tonics for digestion, tea for improving circulation, and antiseptic poultices for applying to wounds, bites and stings.

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