

## Curled Parsley

*Petroselinum crispum*



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| <b>Height:</b>       | Up to 40cm (16in)  |
| <b>Suitable for:</b> | Rich moist soil. Sun or partial shade. Tubs & pots.  |
| <b>Summary:</b>      | This is the best known herb of all, our curled parsley has a compact habit and bright green curly leaves. Parsley is a favourite for kitchen use and also makes a good edging plant in the garden. |

### More information:

No garden is complete without two or three parsley plants. Parsley originated in Sardinia and is a biennial herb. This means that it will flower and go to seed in the summer of its second year. It is best grown as an annual plant therefore, planted freshly each spring.

Parsley is rich in iron and Vitamins A and C. The stalks can be added to casseroles and dishes that need long cooking, the leaves however should be chopped and added at the end of the cooking time to retain the best flavour.

Parsley has a fresh but earthy taste and comes from the same family as fennel and celery. It goes well with all types of vegetables, fish and eggs, and also in sauces, soups, stuffings and many different savoury dishes. With so many recipes and uses to choose from here is one which is very simple and brings out the taste of fresh parsley.

## Fresh Parsley Sandwiches

Cut thin slices of wholemeal or granary bread and butter half of the slices. Spread soft cheese such as Philadelphia onto the other half of the bread slices.

Sprinkle 1 tbs of chopped [parsley](#) on top of each buttered slice of bread and add freshly ground black pepper to taste.

Top with the slices of bread spread with soft cheese, and slice into triangles with a sharp knife.

Dried parsley has very little flavour and the best method to preservation is by freezing either in tightly sealed bags, or chopped in ice-cube trays with a little water.

Hot parsley tea is a tonic and a diuretic and also helps those with rheumatism. The leaves can be chewed to sweeten the breath after eating garlic or other strong tasting food.

Recent medical opinion suggests that parsley should be avoided during pregnancy.