

Description

Parsley Curled *Petroselinum Crispum* Family: Apiaceae

Parsley, Curled

Growing Tips

Curled Parsley is a biennial or annual plant (depending on the climate), with bright green curly glabrous leaves that grow on a 10cm long stalk from a taproot and are divided about five times. It grows a 3-10cm wide umbel of white-green small flowers in summer atop a round slightly ribbed stem that reaches up to 70cm high and only grows a few more divided leaves along it.

Parsley likes well drained but rich organic soil with full sun or partial shade. For best results grow 30cm apart.

Parts Used

Leaves

Uses

As a culinary herb Parsley Curled can be added to virtually any dish, cooked and raw. It forms part of the herb mix 'bouquet garni' and is extensively used for dish garnishing. It is also the main ingredient for the Middle Eastern salad Tabouleh.

It makes an important feature in many garden beds as its lush soft green appearance accentuates the colours of many flowers. As a companion plant it supports asparagus, beans, carrots, tomatoes and roses and corn but does not promote lettuce growth.

A tea made with Parsley Curled helps digestion, supports kidney function, alkalizes the body and eases rheumatic pains. A tea made from seeds can be used as a hair rinse and is said to kill head lice. Pour the tea over the head after washing the hair, cover with a towel and leave for 30 minutes, then let the hair dry naturally. Chewing a Parsley Curled sprig can dispel garlic breath.

It is highly nutritious, providing a significant amount of vitamin C, A, B, folic acid, calcium, magnesium, iron, phosphorus, potassium and zinc.

High quantities (such as used in Tabouleh) can be detrimental to pregnant women.

Origin & History

Parsley is native to the Mediterranean region and Central Europe. In Greek culture it was known as the herald of death and graves were lined with it.

It was woven into the garlands of the victorious sportsmen of the Isthmian Games though never eaten. Romans on the other hand ate it abundantly at banquets, believing it would discourage intoxication.

It was believed that seeds should be planted on Good Friday (Friday before Easter, the day celebrating the death of Christ), and that transplanting it would bring misfortune.

