

## Description

**Parsley Italian**  
**Petroselinum Crispum var. Neapolitanum**  
**Family: Apiaceae**

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

## Growing Tips

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

## Parts Used

Leaves

## Uses

As a culinary herb Parsley Italian is sometimes preferred for cooking as it is stronger, and is added to sauces, dressings and butters as well as meat, fish and salads and as a garnish.

A tea made with Parsley helps digestion, supports kidney function, alkalinizes 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, wrap a towel around the head and leave for 30 minutes, then let the hair dry naturally.

Chewing a Parsley Italian sprig can also 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 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.

