

## Parcel *Apium Graveolens* var. *Secalinum* Family: Apiaceae

### Description

Parcel is also referred to as Leaf Celery or Cutting Celery; it is a biennial and grows up to 60cm tall with leaves that resemble celery, emanating the same flavour.

### Growing Tips

It likes a rich, well drained but moist soil and full sun; it tolerates acid as well as alkaline, and frost. A flower will form when temperatures are below five degrees for more than 10 days. For best results plant 10-15cm apart.

### Parts Used

Leaves and seeds.

### Uses

Parcel's leaves are like celery and best used raw in soups, salads and meat dishes. The seed is used in the same way, though more widely used in cooked dishes.

Medicinally, Parcel has the same effects as Wild Celery which is used extensively in herbal medicine - namely as a diuretic for rheumatism and kidney problems.

The essential oil has anti-spasmodic, sedative and blood pressure-lowering qualities but should not be taken by pregnant women.

### Origin & History

Parcel is closely related to Wild Celery; the word is derived from the Greek word for Parsley, 'Selinon' and the vegetable celery only appeared in England in 1699, after the plant was palatable through developing plants that produced more sugars and less of the bitter content.

It is in fact believed to be an aphrodisiac.

