



PARSLEY

Petroselinum crispum (pet-rah-sel-IH-num KRIS-pum)

BIENNIAL | APIACEAE FAMILY

ZONES: 5 TO 9

EXPOSURE: FULL SUN

MATURE HEIGHT: 18" | SPREAD 15"

BLOOM: WHITE | SPRING



Medicinal



Culinary



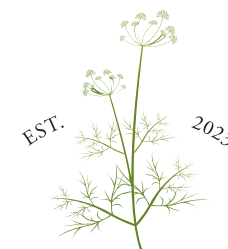
Pollinators



Butterflies



Container



HERB & VINE

— healing plants —

'Flat Leaf' or "Italian" Parsley has been used by the Ancient Greeks as well as in Ayurvedic culture, and is medically more valuable than its cousin, Curly Parsley.

- Therapeutic*: its active constituent apiole has relaxant effects upon the nervous system, particularly the digestive tract. It also stimulates the urinary tract and the kidneys, acting as a tonic and diuretic. Parsley is a natural source of Vitamin C, and can support an underactive immune system.
- Culinary: uses include garnish; flavoring for salads, stews, soups, sauces, and salad dressing.
- Host plant for the black swallowtail butterfly.

Caution: its essential oil can increase sensitivity to light when consumed in high quantities.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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