

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET



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Parsley Curled

Petroselinum crispum

Parsnipum and its variants are rich in vitamins A and C and contain apigenin, a flavonoid that reduces allergic responses and is an effective antioxidant.

DESCRIPTION

Parsley curled has bright green curly foliage. Small yellowish-green flowers are produced in summer.

PARTS USED

Leaves, roots, seeds, oil

PROPERTIES

Rich in vitamins A, B, and C as well as calcium and iron.

USES OF THE HERB

Culinary

Leaves are used as garnish and to flavor sauces, butter, dressings, stuffing and savory dishes.

Medicinal

Helps to disguise the 'garlic breath' associated with eating rich foods with lots of garlic. Oil should not be given to pregnant women or eaten in excess. The same goes for patients with kidney disease.

Cosmetic

Oil is used in soaps, cosmetics, perfumes, shampoos, skin creams and lotions.

Ornamental

Makes an attractive border or edging plant for ornamental garden beds.

CULTIVATION

Rich, well drained soil in sun or partial shade. Propagate by seed sown from early spring to early summer and in autumn. Parsley seed takes 3-6 weeks to germinate. Leaves may be damaged by leaf spot or viral disease.

HARVEST

Leaves are picked throughout the growing season and used fresh, frozen or dried.



Selected form by your local grower



Height 30cm/12in Spread 30cm/12in



Don't forget
Herbs book,
"Wonderful World
of Herbs."