

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET



Traditional HERBS

Any enquiries can be directed to:
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Parsley Italian

Petroselinum crispum var. Neapolitanum



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

DESCRIPTION

Italian, or flat leaf, parsley has flat, dark green foliage, with a stronger flavor than curly parsley. Plants are hardier, more weather resistant and larger than curly variants.

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. Plain or flat-leaved parsleys have a stronger flavor than curly-leaved cultivars. Eaten as a vegetable in some areas.

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.

Economic

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.



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Height and Spread 38-60cm/15-24in



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