

## French Parsley

*Petroselinum crispum 'French'*



<b>Height:</b>	Up to 60cm (2ft)
<b>Suitable for:</b>	Rich moist soil. Sun or partial shade. Tubs & pots.
<b>Summary:</b>	French parsley has a flat dark green leaf and a much stronger flavour than the curly variety. It is far superior for overwintering use as the flat leaves shed the rain and snow, unlike the curly ones, which retain dampness and suffer from frost damage very easily.

### More information:

French or flat leaf parsley is far more commonly used in Mediterranean countries than the curly variety. It has a much stronger flavour and it is also said to have a better taste as well. Certainly top chefs nearly always use french parsley in preference to the curly one.

Parsley originated in Sardinia and is a biennial herb. This means that it will flower and go to seed in the summer of its second year. It is best grown as an annual plant therefore, planted freshly each spring.

Parsley is rich in iron and Vitamins A and C. The stalks can be added to casseroles and dishes that need long cooking, the leaves however should be chopped and added at the end of the cooking time to retain the best flavour.

Parsley has a fresh but earthy taste and comes from the same family as fennel and celery. It goes well with all types of vegetables, fish and eggs, and also in sauces, soups, stuffings and many different savoury dishes.

Parsley also has excellent properties which make it useful in beauty and cosmetics. It has astringent properties and can be used as an ingredient in cleansers and face masks to help with oily skin problems.

### Parsley face mask

Puree a large bunch of parsley in a blender with a little boiling water. (A juice extractor may be used) Strain and mix the juice with an equal amount of natural yoghurt. Spread in a thick layer over the face, avoiding the eyes and relax for 15 minutes. Rinse off with cool water. Do not repeat more than twice a week.

Dried parsley has very little flavour and the best method of preservation is by freezing either in tightly sealed bags, or in ice-cube trays with a little water.

Hot parsley tea is a tonic and a diuretic and also helps those with rheumatism. The leaves can be chewed to sweeten the breath after eating garlic or other strong tasting food.

Recent medical opinion suggests that parsley should be avoided during pregnancy.