

PARSLEY

Description/Taste

Parsley is a leafy herb that grows like a small shrub, up to roughly one foot in height. It has light green stems with multiple pairs of closely ruffled leaves growing at the ends. The curly variety is more fragile than the common flat-leafed variety, making it easy to shred or finely chop the herb for culinary applications. Parsley has a fresh, green aroma and flavor that is a combination of citrus, clove, and nutmeg, creating a unique taste. Parsley will flower in its second year, with circular clusters of white flowers sitting atop thin stems.

Seasons/Availability

Parsley is available year-round.

Nutritional Value

Despite often being relegated to garnish status, Parsley is nutrient-rich and contains minerals that are beneficial for good health. Parsley contains vitamins A, B, C and K, along with minerals potassium, iron, and copper. It is also a good source of folate. The herb contains volatile (or essential) oils that contain compounds such as limonene, eugenol, and myristicin, which give the herb its unique aroma as well as antifungal, antioxidant, anti-inflammatory and antiseptic properties. It also contains flavonoids like apigenin and luteolin, which boost the anti-inflammatory and antioxidant benefits of Parsley. Parsley is used as a digestive aid and pallet cleanser.

