

## Parsley

*Petroselinum crispum*



Origin: Greece, Morocco, Slovenia

Variety we grow: Italian Giant

Other varieties:

- Curly - curled leaves with a milder flavour, preferred for garnishing
- Hamburg - grown for parsnip-like root in Europe



### DID YOU KNOW?

The Latin name comes from the Greek *petroselinum* where *petra* refers to rock and *selinum* to celery = rock-celery! This relates to the herb's preference for growing in rocky terrain. Do not mistake it for wild growing Fool's Parsley (*Aethusa cynapium*) which is poisonous and is likely the reason why Ancient Greeks associated parsley with death.

## GROWING PARSLEY



**APPEARANCE AND SIZE** Parsley has bright-green frilly leaves and grows up to 30 cm in a rosette. It's flowers are small and white and enjoyed by pollinators.



**GROWING SEASON** Grow parsley indoors or outdoors from early spring in a warm, sunny spot. It is a biennial, growing leaves in the first year and flowers in the second year. Due to this, it is usually grown as an annual, as once the flowers have set, the leaves become less pleasant to eat.



**SUNLIGHT** Parsley enjoys full sun to part shade and is suitable for growing on a sunny windowsill or outside in containers or soil. Parsley does not like temperatures above 22C and may bolt (flower) early.



**SOIL** Prefers well-draining, nutrient-rich soil with a neutral pH and a spot sheltered from strong winds.



**WATERING** Water deeply at least once a week to prevent over watering. Plants will let you know they need watering by wilting. If growing in containers, water more often as the soil will dry out quicker than in the soil.



**HYDROPONICS** In a hydroponic system, parsley likes an EC of 1.3 and a pH of 6. A warm environment and 14 hrs of light encourage quick growth and a biweekly harvest.

## USING PARSLEY

### COMMON USES

Parsley is utilised in cuisines all around the globe. Try an Italian salsa verde or an English parsley-sauce to serve with fish or gammon. You can also add parsley to a falafel mix, to stocks or soups or sprinkle fresh parsley in salads or sandwiches.

### ALTERNATIVE USES

Make cocktails - try it with gin or in a martini. Check our website [HERE](#) for recipe suggestions.

### MEDICINAL

Parsley is a source of vitamins K, C and A. It contains potassium, calcium and folate and is also a good source of dietary fiber. It also contains carotenoid antioxidants, which have been found to promote heart health by reducing risk of heart disease.

## HARVESTING PARSLEY

Harvest stems on the outside, prioritising bigger and thicker stems. Parsley grows from the middle, so ensure not to damage that part. Start by harvesting 1/3rd of the plant when it is smaller, and once it grows back fuller, you can harvest up to half. This method of harvesting promotes future growth and ensures many harvests from one plant. Do not pick individual leaves, as the plant will not grow back that way.



## STORING AND PRESERVING PARSLEY

### DRYING

To dehydrate, chop away the stems and lay out the leaves flat on a tray. Dehydrate at 35C degrees for 8-12 hours, check in regularly to ensure you don't burn the leaves. You can also air dry parsley by tying it in bunches to dry, you can put these in a paper bag to reduce crumbling as the herb dries. Ensure herbs are fully dry before storing.

### FREEZING

Remove leaves from the stem and flash freeze. Alternatively, fill ice cube trays with chopped parsley leaves and fill with a vegetable oil. You can chop the leaves and stems finely before freezing or you can separate and chop the stems, which are more fibrous than the leaves, and freeze separately to use in stocks or soups.

### STORAGE

Fresh parsley can be stored in the fridge and used within a week of harvesting.

## COMMON PESTS

### APHIDS

#### IDENTIFY

- More likely found on plants grown indoors.
- Usually signified by green and white small bugs that will be present in large numbers, some will have wings.
- You may spot sticky honeydew on the plant leaves which is secreted by the aphids, or tiny bite marks on the plant stem where the aphids are feeding, which then results in misshapen leaves.

#### TREAT

- Check your plants regularly as there is a higher chance of controlling aphids if spotted early.
- Remove aphids when spotted by hand or wash off with water.
- You can also thoroughly spray with a mix of water and dish soap (1tsp dish soap to 1L water) to suffocate the aphids. Spray twice a week and wash the produce before eating.



### CELERY LEAF MINING FLY

#### IDENTIFY

- Adult celery leaf mining flies are light brown to black flies, with a yellow thorax. It is their white larvae that feed in groups within the leaves of parsley and related plants.
- They are active May to October.
- Their feeding results in blotchy mined leaves that become brown and papery

#### TREAT

- Some pest damage can be tolerated by the plant.
- Check your plants regularly and remove damaged leaves.
- Grow your plants undercover to prevent adult flies from laying eggs on the leaves.
- Promote wildlife in your garden as parasitoid wasps and birds such as blue tits will feed on the pest.

