



## PARSLEY

The purpose of my talk on 17th August was to outline the benefits of eating Parsley.

### Parsley (*Petroselinum crispum*)

Growing: - A hardy perennial, for full sun or partial shade. It likes fertile humus-rich soil. Seeds may need warm moist conditions to germinate. The hard little seeds can be soaked in warm water for a couple of hours before sowing. The soil must not dry out before it has germinated.

Varieties.- *P. crispum*, Curly leaved, *P. crispum* var. *neopolitanum* or Italian flat leaved parsley and *P. crispum* var. *tuberosum* or Hamburg, the turnip rooted parsley that has a root which tastes like celeriac. When picking parsley take the outside leave first. Keeping it well picked can prevent it from going to seed. The seeds are the only part of the plant which it is inadvisable to eat.

Parsley, was regarded by the Greeks as a miraculous plant. They had a saying that when a person is at death's door they are in need of parsley. Why is this?

Parsley is valuable for its multi mineral content, it is a good source of Iron, Potassium, Calcium, Magnesium, Manganese and also has traces of Selenium. It is rich in Vit A, B, C and K.

The dark green colour indicates plenty of chlorophyll. Chlorophyll enables plants to carry iron, in a similar way to haemoglobin in our body. Iron in a plant form it is more easily assimilated in the body.

Parsley's miraculous action goes straight to nerve plexii in the Central Nervous System; it targets especially the brachial plexus of the spinal nerve. It is worth noting how closely these nerve plexii correspond to the chakras or energy centres on the

spine, energising and renewing the flow of energy to the nerve connections. So parsley gives the CNS a powerful boost. Sometimes people instinctively search out parsley when they need it.

Parsley is both an appetite booster and aids digestion. It relieves gas. Chlorophyll is an effective breathe deodoriser. It has antiseptic and anti-inflammatory and anti-bacterial properties, so it can be used as a cooling compress to relieve itching from bites and stings.

Chopped parsley stems can be added to soups and sauces. How often is parsley wasted? Especially when used as a decoration and then thrown out.

It can be added to most meat, fish and vegetable dishes or used in combination with other herbs. We benefit greatly from both eating parsley, and using it as a tea.

*Janet Fairlie-Cuninghame*

