

Parsley

(Petroselinum crispum)

Long hailed for its freshening qualities, parsley perhaps was first used in this capacity by Romans during their orgies to mask the alcohol on their breath.

There are two types of parsley - curly leaved and flat leaved (Italian). The flat-leaf variety is more flavorful and used more often in cooking. The curly type is better for garnishing, because it keeps longer when refrigerated.

Culinary uses

Parsley probably is the best known of all culinary herbs. There is no herb used as frequently for garnishes; its flavor also enhances those of salads, sandwiches, egg dishes, soups, and boiled potatoes.

Cultivation

Parsley prefers full sun, but a bit of shade is acceptable. Sow seeds in spring or late summer. Thin seedlings to 9 inches apart and protect the plant in cold weather. Parsley can be grown successfully indoors; place a pot in a sunny window for greatest growth.