

# Parsley

*Petroselinum crispum*



JW Farms 7



Parsley is a flowering plant native to the Mediterranean. Often labeled as one of the most powerful disease-fighting plants, parsley provides great nutritional value and offers many potential health benefits.



We tend to think of parsley as a garnish, and don't give it much thought. But this herb does much more than make your plate look pretty. It is one of the most powerfully packed nutrient dense herbs available.

Other Common Names: Garden parsley, common parsley, curled parsley, moss curled parsley, persilja (Swedish), Petersilie (German), perejil (Spanish), persil (French), yang hu sui (Chinese).  
Habitat: Originally, parsley was probably endemic to Southwest Asia and the Mediterranean (Turkey, Algeria, Sardinia, and Lebanon).

The herb has been cultivated since ancient times and was early on widely grown in most parts of Europe. Today, the plant is extensively used as a spice and cultivated all over the world.  
Description: Parsley is a biennial plant belonging to the Apiaceae family (the celery, carrot or parsley family).



Parsley has been used for millennia in traditional herbal therapy to treat a wide range of medical ailments, such as curing Cancer, Anemia, and arthritis, and as a carminative to reduce flatulence. Moreover, it is claimed to have aphrodisiac and hypotensive properties.

The genus name *Petroselinum* is derived from the Greek words "petra" meaning stone or rock and "selinin" meaning celery. The plant got its name from Pedanius Dioscorides (100 A.D.).

The widespread use of parsley in the kitchen reflects its status as the most often used herb. Parsley is considered a diuretic, blood purifier, and detoxifier. Regular intake is supposed to help digestion, enhance metabolism, and promote appetite. Probably why its found on most plates in restaurants.

Diuretic  
 Infections  
 Digestion  
 Nutrient Absorption  
 Gas  
 Constipation  
 Indigestion  
 Bloating  
 Stomach Issues  
 Urinary Infections  
 Intestinal Issues  
 Iron  
 Kidney Health  
 Stones  
 Folate & Iron  
 Nutrient Rich  
 Insomnia  
 Vit K  
 Cardiovascular Health  
 BP  
 Regulates Cholesterol  
 Bone & Joint Health  
 Osteoporosis  
 Boosts Immune System  
 Inflammation  
 Eye Health  
 Night Blindness  
 Skin  
 Gland Health  
 Menstrual Cycle  
 Copper  
 Healthy Hair  
 Good During Pregnancy  
 Rich in Vit B's  
 ANTI Cancer  
 Freshens Breath  
 Bladder



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Consume parsley  
 with your char-  
 grilled chicken, fish,  
 and steak to help  
 minimize the  
 cancer-causing  
 effects of  
 heterocyclic  
 amines,

## The Anti's:

Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antiseptic  
 Antipyretic  
 Antibacterial  
 Antifungal  
 Anti-aging  
 Antimicrobial  
 Anti-Diarrheal  
 Antiviral



Leaves, seeds, and even the roots of the parsley plant  
 are considered an effective diarrhea remedy.  
 According to some research, drinking parsley tea may  
 be more effective in alleviating diarrhea. The tea  
 promotes fat and protein digestion, as well as intestinal  
 absorption. It is considered a laxative and diuretic.

Parsley is easy to grow, and even though it is a  
 biennial, it is usually grown as an annual because in its  
 second year it uses all its energy to form stems, flowers  
 and seeds, leaving the leaves small and bitter and not  
 very suitable for consumption.

## Caution

It has a long history of being safe,  
 but like anything, if over used it  
 may cause issues with the liver  
 and renal difficulties.

ONE rare herb GOOD to use  
 during Pregnancy.