



Know What You Grow!



Parsley

Scientific Name: *Petroselinum crispum*

Recommended Varieties:

- Triple Curled Renee's
- Italian Gigante Renee's
- Hamburg (edible white root)
- Extra Curley Dwarf

Companion Plant For:

Tomato, asparagus, carrots, peas, corn, onions and even rosebushes.

Photos: Creative Commons

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[Eat Like No One](#)

Growing Information

Biennial, Grown as Annual

Parsley seed germinates and emerges quite slowly. It is best to purchase transplants or start the seeds indoors. The plant will over winter in mild areas but usually develop a seed stalk.

Ideal Planting Window

Early spring, parsley can take a little frost.

Growing Guidance

Sow seeds 1-2 inches apart into a well-worked fertile seed bed. Cover 1/4 inch deep. Parsley germinates unevenly over several weeks; be patient and keep seed bed evenly moist.

Harvesting

Harvest in the cool early morning to maintain maximum flavor and odor. Begin harvesting once the plant has 8 to 10 leaves.

California Master Gardener Handbook

[Renee's Garden](#)



Interesting Facts

Parsley is native to the central Mediterranean region including [Italy](#), [Greece](#), [Portugal](#), [Spain](#), [Malta](#), [Morocco](#), [Algeria](#), and [Tunisia](#).

Parsley has been cultivated for more than 2,000 years.

According to legend, parsley sprang up where the blood of the Greek hero Archemorus was spilled when he was eaten by serpents.

Parsley is mentioned often throughout history, and not only for its culinary and medicinal properties. The early Greeks made crowns of parsley to bestow upon the winners of the Nemena and Isthmian sports games, in the same manner that bay wreaths honored the Olympians.

Parsley is one of the world's most popular herbs and is widely used in European, Middle Eastern, and American cooking.

One variety, the Hamburg parsley is cultivated for its edible root. Its root is very common in Central, Eastern, and Southern European cuisines, where it is used as a snack or a [vegetable](#).

There are only 36 calories in 100 grams (3.5 ounces) of parsley. Parsley is an excellent source of vitamin K and vitamin C as well as a good source of vitamin A, folate and iron.

[Just Fun Facts](#)

Drying and Storing

Parsley can be used to spruce up many dishes and will keep for up to a year if properly dried and stored. There are other methods of storage as well as dried. Click on the below link to find more information on freezing or storing in ice cube trays.

[Kitchn](#)

Tabbouleh Salad



- 1 cup bulgar wheat
- 1 ¼ cup cold water
- ¼ cup olive oil
- 2 cup ripe tomatoes, diced
- 1 large bunch flat leaf parsley, coarsely chopped
- 1 red bell pepper, diced
- 2 tbsp fresh mint, chopped roughly
- salt and pepper to taste

Pour the bulgar wheat into a mixing bowl and add the water and oil. Mix through and set aside for half an hour so the wheat can begin to absorb the liquid and begin to soften.

Add the chopped tomatoes. Mix through and refrigerate for 2 hours.

Just before serving, add the chopped parsley and mint and mix through. Taste and season as necessary.

This salad just gets better and better as it absorbs the different flavors - there are many salads that are better the day after!

Recipe and Photo: [Kidspot](#)

Contact Information



RIVERSIDE COUNTY MASTER GARDENERS

EMAIL: anrmgriverside@ucanr.edu

WEBSITE: <https://ucanr.edu/sites/RiversideMG/>