

PARSLEY



PARSLEY, or *Petroselinum crispum*, is native to the Mediterranean but has now spread all over the world. It is a member of the Umbelliferae family along with carrots, parsnips, dill and celery.

Parsley is not only used for its flavor, but also as a breath freshener, diuretic, and as a garnish.

There are two basic varieties of parsley: curly and flat leaved (also called “Italian” parsley). While the flat leaves have a stronger flavor, the curly is used more often as a garnish.

Parsley is available in the Northeast from spring until fall.

STORAGE

- ◆ **For short-term storage**, place parsley in a damp paper or cloth towel and store in your refrigerator drawer.
- ◆ **To dry parsley**, wash in cold water and dry thoroughly. Place in a brown paper bag and hang upside down by stems in a dark, dry place until herb crumbles easily, usually 2-3 weeks. When thoroughly dried, strip the leaves from their stems and store in airtight containers. Parsley **will last up to a year** stored this way.
- ◆ You can also dry this herb in the microwave by placing a small amount between paper towels. Microwave on high for 2 to 3 minutes. If additional time is needed, set timer for 30 seconds and check for dryness. Be sure to place a small container of water in the microwave during drying.
- ◆ For **freezing parsley**, wash and dry thoroughly. Put the sprigs in an airtight container or plastic bag and freeze.

PREPARATION

- ◆ Do not tear or cut parsley until you are ready to use it.
- ◆ **Add parsley after the dish is cooked.** Cooking parsley makes the flavor fade, and turns the herb dark brown.
- ◆ A handful of chopped parsley adds a refreshing taste and extra color to **salads, soups, and pastas.**

Nutritional Information

Parsley is rich in vitamins C, A and K, as well as folate and iron. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption. Vitamin A is important in vision, growth and development, skin health, immune function and reproduction. Vitamin K is involved in blood clotting. A healthy diet with enough folate may reduce a woman’s risk of having a child with certain birth defects of the brain or spinal chord. Iron is important for healthy blood cells. Inadequate iron intake can lead to anemia.

Parsley Recipes

Parsley Turnips

- 2 pounds turnips
- 1 1/2 cups chicken, beef, or vegetable broth
- 3 Tablespoons olive oil
- 2 Tablespoons parsley
- Salt and pepper to taste



Cut turnips into 1/2 inch slices. Place in saucepan with broth and butter. Boil gently about 20 minutes. Drain and sprinkle with parsley, salt and pepper.

Recipe adapted from [Foodbook for a Sustainable Harvest](#), copyright 1994, By Elizabeth Henderson and David Stern

Feta Walnut Dip

- 1 cup chopped walnuts
- A handful of fresh parsley
- 1 cup crumbled feta cheese
- 1/2 cup water or milk
- 1 small clove of garlic (optional)
- 1 teaspoon paprika
- Cayenne, to taste
- 1 teaspoon olive oil
- 1 teaspoon fresh oregano or 1/2 teaspoon dried
- salt to taste



In a blender or food processor, combine walnuts and parsley, blend with a series of quick spurts. When nuts are ground, add remaining ingredients except olive oil and oregano, and puree until smooth. Add salt. Transfer to a small serving bowl, cover tightly, and chill. Just before serving, drizzle the top with a little olive oil, and garnish with small sprigs of fresh (or a light sprinkling of dried) oregano. Serve on sesame crackers or toasted pita wedges, or as a dip for raw vegetables.

Recipe adapted from [Moosewood Cookbook](#) by Mollie Katzen, Ten Speed Press: Berkeley, CA 1992.

Tabouli

- 1 cup dry bulgur wheat
- 1 1/2 cups boiling water
- 1 to 1 1/2 teaspoons salt
- 1/4 cup fresh lemon juice
- 1/4 cup olive oil
- 2 medium garlic cloves, crushed
- Black pepper, to taste
- 3 scallions, finely minced (whites and greens)
- 1 packed cup minced parsley
- 10-15 fresh mint leaves, minced (or 1-2 Tablespoons dried mint)
- 2 medium-sized ripe tomatoes, diced
- 1/2 cup cooked chick peas (optional)
- 1 medium bell pepper, diced (optional)
- 1 small cucumber, seeded and minced



In a medium-large bowl, combine bulgur and boiling water. Cover tightly and let stand until the bulgur is tender (20-30 minutes, minimum). Add salt, lemon juice, olive oil, garlic, and black pepper, and mix thoroughly. Cover and refrigerate at least 30 minutes before serving. 30 minutes before serving, stir in remaining ingredients (including optional additions) and mix well.

Recipe adapted from [Moosewood Cookbook](#) by Mollie Katzen, Ten Speed Press: 1992.